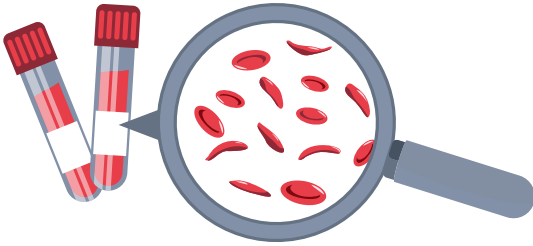



Modes of **transmission**,  
**symptoms** and **lines of action**  
in patients with  
**sickle cell disease**,  
**hepatitis C**, **tuberculosis**,  
**HIV** and **COVID-19**



# 1 Sickle cell disease



## Modes of transmission

 Genetic and hereditary

## Symptoms

- » Anaemia
- » Pain crises / episodes
- » Swollen fingers and toes
- » Fever and bone pain
- » Vomiting or abdominal pain

## Line of action



Seek medical care



Eat a healthy diet



Drink plenty of liquids



Avoid extreme heat



Exercise regularly



Rest

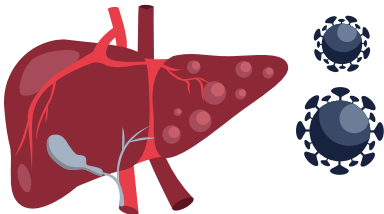


Avoid consuming harmful substances






Avoid exposure to low oxygen levels

# 2 Hepatitis C



## Modes of transmission

-  Unprotected sexual relations
-  Objects contaminated with infected blood
-  Blood transfusions (or blood derivatives) and organ transplants received before 1992

## Line of action



Seek medical care



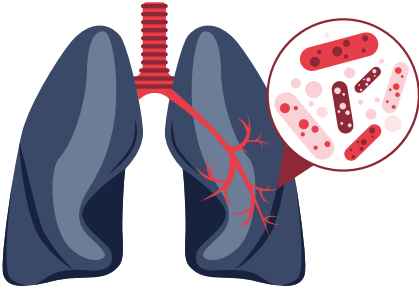
Avoid sharing objects that could be contaminated

## Symptoms

- » Fever
- » Fatigue
- » Dark urine
- » Pale stools
- » Abdominal and/or joint pain
- » Loss of appetite
- » Nausea
- » Vomiting
- » Jaundice

### 3

## Tuberculosis



### Modes of transmission



Coughing, speaking or sneezing

### Symptoms

- » Fatigue
- » Fever
- » Night sweats
- » Shivering
- » Loss of appetite
- » Cough, with or without blood, that lasts three or more weeks
- » Chest pain when breathing or coughing
- » Involuntary weight loss

### Line of action



Seek medical care



Stay at home



Wear a face mask



Cover your nose and mouth when sneezing or coughing



Ventilate enclosed spaces

### 4

## HIV



### Modes of transmission



Unprotected sexual relations



Contaminated objects (needles and syringes)



Blood transfusions



Pregnancy, childbirth or breastfeeding

### Symptoms

- » Fever
- » Headache, muscle and/or joint pain
- » Skin rash
- » Sore throat and painful mouth ulcers
- » Swollen lymph nodes, primarily in the neck

⊕ Asymptomatic with high risk behaviors

### Line of action



Seek medical care



Always use a condom



Get tested for sexually transmitted diseases



Do not inject drugs



### Modes of transmission



Close contact  
(more than 15 minutes  
and within 2 meters)  
with an infected person



An infected person  
coughs or sneezes  
near you

### Symptoms

- » Fever
- » Cough
- » Tiredness or fatigue
- » Loss of taste or smell
- » Shortness of breath or difficulty breathing
- » Muscle aches, sore throat, headache and/or chest pain
- » Shivering

### Line of action



Seek  
medical care



Stay at  
home



Wear a  
face mask



Cover your nose and mouth  
when sneezing or coughing



Keep a distance of  
2 meters from others



Wash your hands  
frequently



Always wash your hands  
before touching your face