Dear Colleagues,

JMS would like to draw your attention to the importance of self-awareness and appropriate health seeking behavior as we face the ongoing COVID-19 pandemic. Kindly take note of the following simple measures to assist you in addressing any health concerns in a timely manner:

**Closely Observe your health:**

We strongly recommend that that you remain alert and observe your health for possible COVID-19 symptoms such as:

* Fever
* Cough
* Shortness of breath
* Sore throat
* Flu-like symptoms
* Body aches

Do not self-medicate while ignoring persistent symptoms that need to be properly evaluated by a medical practitioner.

**Communicate:**

* If you do fall sick, practice self-isolation. It is however imperative that you inform JMS about your condition by calling our **24hr number 0724 255 378**. You will be guided on possible testing, referral or appropriate treatment.
* Keep a record of emergency contacts that you can use if you need to reach someone urgently.
* If you live alone, let your colleague or friend know about your emergency contacts and physical location.

**Connect:**

* Keep in touch with your loved ones or colleagues by phone or online. Inform them of any health concerns you may have.
* Connecting with friends, family or colleagues will also have mental health benefits during this period when we are all subject to restrictions in our usual activities.

**Keep Safe and Healthy!**

**JMS 24/7 emergency call line:**Tel: +254 724 255 378 OR Email: unon-jms-medicalevacuation@un.org

**Staff counselor:**Tel:+254 728 961 939. **Useful Links:** [WHO-COVID-19](https://www.who.int/emergencies/diseases/novel-coronavirus-2019) ; [JMS website](https://medical.unon.org/) ; [F.A.Q's](https://medical.unon.org/node/131)