This pandemic is affecting all of us and it helps to reach out and share ideas, stories and concerns with one another about all things COVID-19. Please keep sharing your questions with us weekly, and we’ll do our best to find you the most accurate and relevant answers.

DEFINITIONS

**Nomophobia** (literally ‘no-mobile-phobia’) is the short term for “no-mobile-phone phobia” which describes an addiction to your mobile phone or the anxiety of being detached from your mobile phone. In many cases, this can be harmful to one’s mental and physical health.

**Disinformation** is information that is false, and the person who is disseminating it knows it is false. Disinformation may vary under different conditions (e.g. type of surface, temperature or humidity of the environment). If you think a surface may be infected, clean it with simple disinfectant to kill the virus and protect yourself and others. Clean your hands with an alcohol-based hand rub or wash them with soap and water. Avoid touching your eyes, mouth, or nose.

**Nomophobia** (health.usnews.com).

**Disinformation** (UNESCO).

**Lockdown** is an emergency protocol that prevents people from leaving a given area. A full lockdown means that you must stay where you are, and not exit or enter a building (or a given area) unless for essential purpose. This scenario usually allows for getting essential supplies from grocery stores, pharmacies and banks so that people can meet their basic needs. All essential activities remain shut for the entire period of lockdown (economictimes.com).

**Immunocompromised** refers to people with a weakened immune system that is less capable of fighting off attacks from bacteria and viruses. Chronic medical conditions such as cancer, diabetes, HIV and TB, and the treatments that people take for these conditions, can affect the immune system. Pregnancy can also temporarily put women in an immunocompromised state. Health care providers are taking extra steps to protect all their patients from COVID-19, particularly those who might be immunocompromised (health.usnews.com).

**PPE (Personal Protective Equipment)** refers to devices or equipment designed to be worn by an individual for protection against one or more health and safety hazards. The recommended PPE to be worn during the COVID-19 outbreak is a mask, gloves, goggies, and gowns. There is a shortage of PPE for the health personnel around the world who need it most, so make sure that you use this equipment only when needed. (Centers For Disease Control and Prevention).

**Recovery** is being in a healthy state of body and mind, and being able to do the things you need or want to do. Recovery is possible at any stage of illness, even in the face of serious or life-threatening conditions. (Centers For Disease Control and Prevention).