

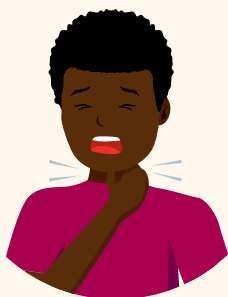
CORONAVIRUS DISEASE (COVID-19) PANDEMIC

Information on COVID-19, the infectious disease caused by the most recently discovered coronavirus.

SIGNS AND SYMPTOMS OF COVID-19

Coronaviruses are a large family of viruses that includes the common cold, SARS and MERS. The most recent outbreak involves a new strain that previously had not been identified in humans. It may take 2-14 days for an infected person to show symptoms.

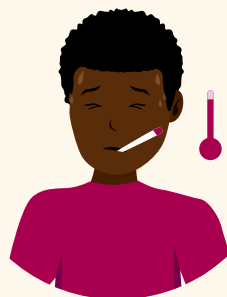
Symptoms may include:



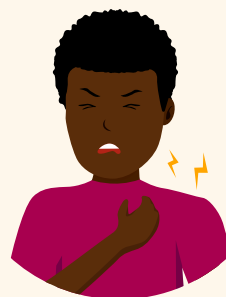
Sore throat



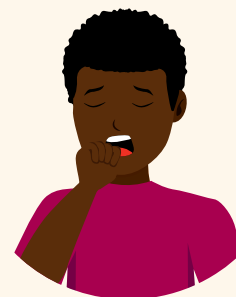
Dry cough



Fever



Shortness of breath



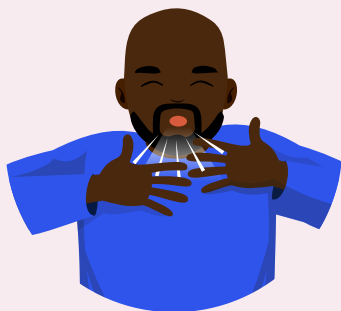
Fatigue

Some patients may experience body aches, nasal congestion or diarrhea

In advanced cases it can lead to: • Severe pneumonia • Kidney failure

It is important to note that some infected persons may not show symptoms, but can still pass on the virus. This is why physical distancing is important.

HOW DOES COVID-19 SPREAD?



Through droplets when someone with COVID-19 coughs, sneezes or talks. These droplets land onto nearby surfaces.



Close physical contact with a person with COVID-19, such as touching or shaking hands.



Touching your eyes, nose or mouth after contact with objects or surfaces with droplets carrying COVID-19.

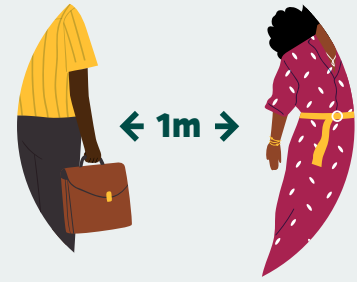
HOW TO PROTECT YOURSELF FROM COVID-19



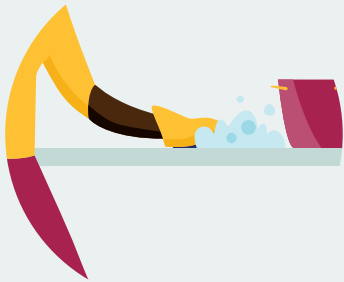
Wash your hands regularly for 40 seconds with soap and running water or an alcohol-based hand rub.



Avoid direct contact with your eyes, nose or mouth.



Maintain physical distancing – stay at least one metre away from other people. Avoid large gatherings and crowded spaces.



Clean surfaces and objects (such as phones, keys and wallets) with a disinfectant regularly.



Keep your immune system healthy with a balanced diet, regular exercise and enough sleep.

Call your national health authorities immediately if you think you may have contracted COVID-19

HOW TO PROTECT OTHERS FROM COVID-19



Cover your nose and mouth with a tissue or a bent elbow when coughing and sneezing, dispose of the tissue safely in a closed bin. Then wash your hands.



Wash your hands regularly for 40 seconds with soap and running water or an alcohol-based hand rub.



Wear a mask properly when in public spaces. Ensure it covers your nose and mouth. It must be disposed of safely in a closed bin.



Clean surfaces and objects (such as phones, keys and wallets) with a disinfectant regularly.

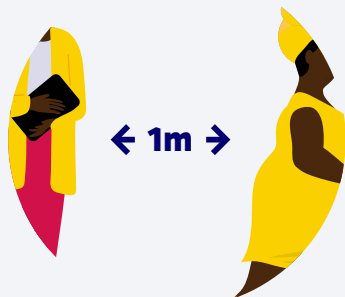


Stay home and avoid close contact with others, rest and stay hydrated.

Call your national health authorities immediately if you think you may have contracted COVID-19

PREVENTING SPREAD

Physical distance is a very simple method of preventing the spread of COVID-19



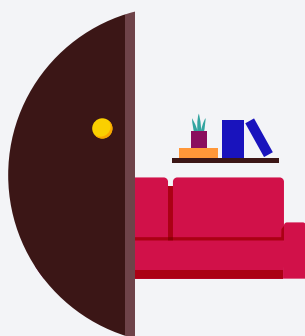
Keep at least 1 meter distance from everybody. Some infected people can show no symptoms, but can still pass on the virus.



Avoid large crowds of people and crowded spaces.



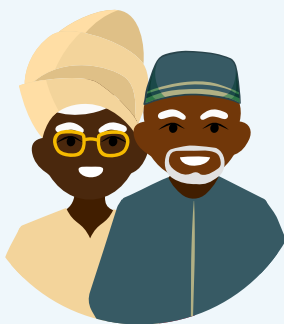
Quarantine is staying away from others if you might have been exposed to COVID-19. If you are in self-quarantine, stay separated from others, and limit movement outside your home.



Isolation is staying home & limiting contact with healthy people if you are sick. If you are self-isolating, stay home and separate yourself from the rest of the household.

THOSE AT RISK

You are at greater risk of COVID-19 ...



... if you are 60+ or have an underlying illness, such as:

- Cardiovascular disease
- Respiratory condition
- Diabetes

Call your national health authorities immediately if you think you may have contracted COVID-19