CORONAVIRUS COVID - 19

Coronavirus Covid 19 - This is a newly discovered virus, which causes infection to your upper respiratory tract (nose, throat, airways, lungs).

HOW DOES IT SPREAD?

The infection gets into the body through your eyes, nose and mouth:

a. Through droplets from an infected person when they sneeze or cough that come into direct contact with you.

b. These droplets can land on objects and surfaces and by touching these objects or surfaces, you can transfer them by touching your eyes, nose or mouth.

WHAT ARE THE SYMPTOMS?

FEVER   COUGH   SHORTNESS OF BREATH   SORE THROAT   HEADACHE

The most common symptoms include fever, dry cough, shortness of breath or breathing difficulties. A runny nose, sore throat and body ache are less common symptoms.

When should I suspect to have Coronavirus Covid-19? If you display the above symptoms and suspect to have come into contact with someone infected with coronavirus.

Does Covid-19 make everyone sick? Illness is generally mild especially for children and young adults. 1 in every 5 people who catch it will need hospital care. The elderly and people with pre-existing medical conditions are likely to have more severe symptoms.

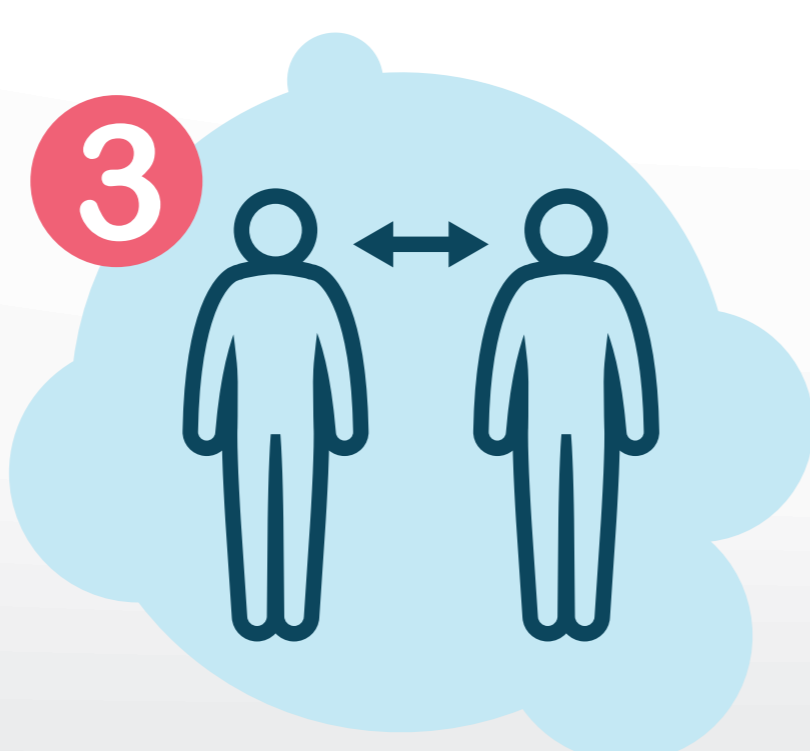## HOW CAN I KEEP MYSELF AND THE PEOPLE AROUND ME SAFE?

1. Wash your hands regularly with soap and water or an alcohol-based hand rub to kill any viruses on your hands.
2. Avoid touching your eyes, nose and mouth.
3. Maintain distance (1 meter) between yourself and someone who is sneezing or coughing.
4. You and those around you should use your elbow to cover your nose and mouth when you sneeze.
5. Regularly clean the items and surfaces around you with soapy water or disinfectant.
6. Stay home if you feel unwell.