

COVID -19 INFORMATION

(Coronavirus)

HOW IT'S SPREAD

Person-to-person by respiratory droplets.



SYMPTOMS



Cough



Fever



Shortness of breath

PREVENTION



Wash your hands with soap for 20 seconds



Use an alcohol-based hand sanitizer



Cover your cough or sneeze with a tissue



Avoid touching your eyes, nose and mouth



Avoid contact with sick people



Disinfect frequently touched objects

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CORONAVIRUS DISEASE COVID-19 SYMPTOMS



Fever
88%



Sore throat
14%



Dry cough
68%



Headache
14%



Fatigue
38%



Chills
11%



**Sputum
production**
33%



**Nausea
or vomiting**
5%



Loss of smell
15% - 30%



**Nasal
congestion,
runny nose**
5%



**Shortness
of breath**
19%



Diarrhea
4% - 31%



**Muscle or
joint pain**
15%

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CORONAVIRUS DISEASE COVID-19 SYMPTOMS



Fever



Dry cough



Loss of
Appetite



Tiredness



Sputum
production



Difficulty
breathing



Muscle or
joint pain



Loss of smell



Sore throat



Headache



Chills



Nasal congestion,
runny nose



Nausea
or vomiting



Diarrhea



Haemoptysis

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NEW STRAINS

SEVEN new symptoms

Aches and pains



Conjunctivitis



Sore throat



A rash on the skin



Diarrhoea



Headache



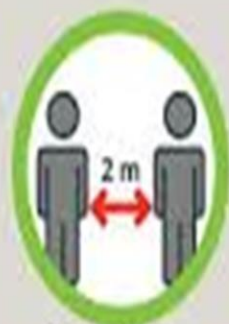
Discolouration of fingers or toes



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BASIC PROTECTIVE MEASURES AGAINST COVID-19



Stay 2 m apart



Avoid direct contact with others (cheek and nose greetings, shaking hands, kissing and hugging)



Avoid direct contact with surfaces



Wash your hands with soap and water frequently



Use hand alcohol-based hand rub if soap and water are not available



Do not touch your eyes, nose and mouth with unwashed hands



Cover your mouth and nose with your bent elbow not your hand when you cough or sneeze



Cover your mouth and nose with your bent elbow when you cough or sneeze



Or cover your mouth and nose with tissue when you cough or sneeze



Dispose of the used tissue immediately



Avoid travel



Stay home if you feel unwell



Wear face mask if you have COVID-19 or any symptoms of it



If you have fever, cough and difficulty breathing, seek medical care



Work from home if possible

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Prevent COVID-19 Through...

Wash

Avoid

Reduce



Wash Hands

Wash hands before eating

Wash hands after using the toilet, handling garbage and touching door handles

Wash hands with soap and water or use hand sanitizer/alcohol gel



Avoid
getting an infection

Avoid contact with people who are sick

Avoid unnecessary travel to crowded places and outbreak areas

(If necessary, wear a cloth mask or hygienic mask and wash your hands frequently when you go to a crowded place)



Reduce
spread of the disease

Reduce spending time in public places

Reduce attending mass gathering activities

Reduce the spread of the disease. If you get a fever, take a leave of absence

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REDUCE YOUR RISK OF **COVID-19** INFECTION



WASH HANDS

Wash your hands with soap or use a hand sanitiser



COVER A COUGH OR SNEEZE

Cover your cough or sneeze with your sleeves or tissues. Dispose the tissue and wash hands afterwards



SOCIAL DISTANCING

Keep a distance of around 1 meter away from others in public



STAY AT HOME

Always stay home unless you have an important reason to leave the house

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