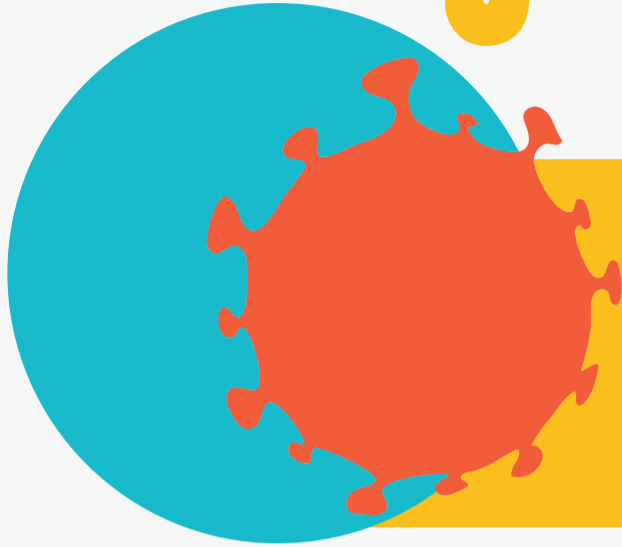


COVID-19

5 THINGS TO KNOW



WHAT IS COVID-19?

COVID-19 is a disease caused by a new virus called coronavirus. Coronavirus hasn't been seen in humans before.



WHAT ARE THE SYMPTOMS OF COVID-19?

For most people, COVID-19 is not a serious illness. It causes a runny nose, sore throat, cough and fever. But for some people, it can be very serious and lead to breathing difficulties or even death.



HOW DOES COVID-19 SPREAD?

COVID-19 spreads when someone with the virus coughs or sneezes and another person breathes it in. Being close to someone who is sick makes it easier for the virus to spread.



WHO IS MOST AT RISK?

COVID-19 seems to be a bigger risk for older people and people who already have medical conditions like diabetes and heart disease.



WHAT IS THE TREATMENT FOR COVID-19?

There is no treatment or vaccine for COVID-19 yet, but we can treat lots of the symptoms.

COVID-19

5 THINGS TO DO



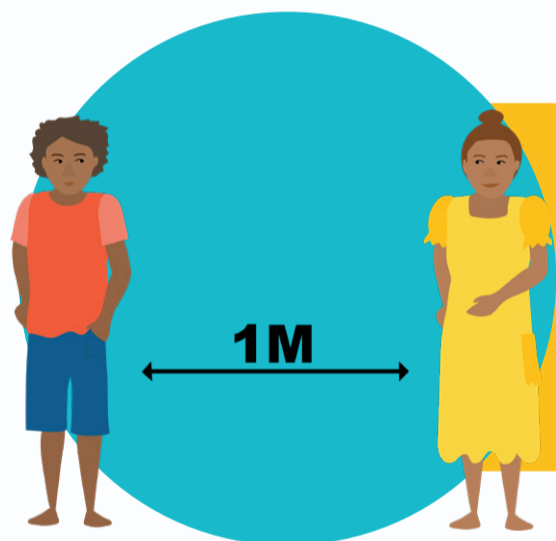
WASH YOUR HANDS

Wash your hands with soap and water or an alcohol-based hand rub. This will kill the virus if it is on your hands.



COVER YOUR COUGHS AND SNEEZES

Cough and sneeze into your elbow (not your hands) or a tissue, then throw the tissue away and wash your hands with soap or an alcohol-based hand rub. This will prevent you from spreading a virus.



STAY 1 METRE AWAY FROM SICK PEOPLE

Keep 1 metre between you and anyone who is coughing, sneezing or has a fever. This will prevent you from breathing in a virus.



DON'T TOUCH YOUR EYES, NOSE AND MOUTH

If you touch something that someone with COVID-19 has sneezed or coughed on, the virus could be on your hands. Avoid touching your face to prevent infecting yourself with the virus.



IF YOU HAVE A FEVER, COUGH AND DIFFICULTY BREATHING, CALL A HEALTH CENTRE

If you need medical help, call the health centre before you go so that they can prepare and make sure you don't infect others.