

CORONAVIRUS DISEASE 2019 (COVID-19)

What You Need To Know

TRANSMISSION

- Mainly spread by **Infected people** through **droplets** created when they talk, cough and sneeze.
- Touching **contaminated objects** puts the infected droplets onto your hands which can enter your nose/eyes/mouth.

SYMPTOMS

Symptoms may appear within **14 days** of probable exposure. **Monitor your health!**

- Fever
- Sore throat
- Cough
- Shortness of breath Muscle aches
- Diarrhoea, Nausea, Vomiting



Most cases are **MILD**, but some are **SEVERE** and can be fatal.

PREVENTION

Maintain good personal hygiene and ensure safe food practices:

- Wash your hands frequently with soap and water.
- Use alcohol-based hand sanitiser when soap and water are not readily available.
- Cover your coughs and sneezes.
- Avoid touching your face.
- Ensure food, including eggs, is thoroughly cooked.
- Do not share food, drinks and personal items.
- Suspend any International travel



Avoid potential exposure:

- Do not visit wet markets or farms.
- Avoid direct contact with animals (live or dead) and their environment.
- Do not touch surfaces that may be contaminated with droppings.
- Avoid contact with stray animals – cats, dogs, rodents, birds and bats.
- Keep some distance from people who are obviously sick. Don't let them cough or sneeze on you.
- Avoid activities where you are likely to be exposed to large groups of people.
- Do not travel if you are sick.

Get the flu shot

- This will reduce the risk of seasonal flu and possible confusion with COVID-19 symptoms.

TREATMENT

- There is no specific treatment. Supportive care helps relieve symptoms.
- **There is no vaccine against COVID-19.**

World Health Organization (WHO)