

# CORONAVIRUS (COVID-19)

is a highly contagious respiratory disease that can be life-threatening for those with poor immune systems, chronic health conditions, and anyone over the age of 60 years old.

## ● SYMPTOMS ●



Fever



Cough



Shortness of breath

## HOW IT IS SPREAD FROM PERSON TO PERSON:

Sneezing and coughing; droplets are breathed in by the nose or mouth of others

Physical touch, like shaking hands

Touching surfaces with the germs, and then touching your eyes, nose or mouth

## AVOID GETTING SICK



Wash your hands regularly with soap and water

Cover your mouth and nose with a bent elbow or tissue when coughing and sneezing

Distance yourself from others by 2 meters (6 feet)

Avoid physical greetings and contact

Do not touch your eyes, nose and mouth

Do not attend public gatherings or events

Wear a cloth, scarf, bandana or mask over your nose and mouth when you must go out in public, or if you or someone near you is sick

**STAY HOME!**



## If you think you have been exposed or you are experiencing symptoms:

- Stay home and avoid close contact with others – even if you have mild or no symptoms
- Treat your symptoms and monitor your condition
- If symptoms become severe, seek medical attention immediately

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