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:**

<table>
<thead>
<tr>
<th>Mode of Spread</th>
<th>Prevention Measures</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sneezing and coughing; droplets are breathed in by the nose or mouth of others</td>
<td>Wash your hands regularly with soap and water</td>
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<tr>
<td>Physical touch, like shaking hands</td>
<td>Cover your mouth and nose with a bent elbow or tissue when coughing and sneezing</td>
</tr>
<tr>
<td>Touching surfaces with the germs, and then touching your eyes, nose or mouth</td>
<td>Distance yourself from others by 2 meters (6 feet)</td>
</tr>
</tbody>
</table>

**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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