

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 1 meter

Avoid physical greetings and contact

Do not touch your eyes, nose and mouth

Do not attend public gatherings or events

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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