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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