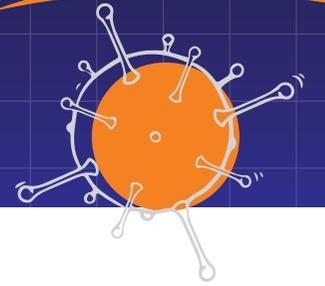


# CORONAVIRUS DISEASE (COVID-19)

## PRECAUTIONS

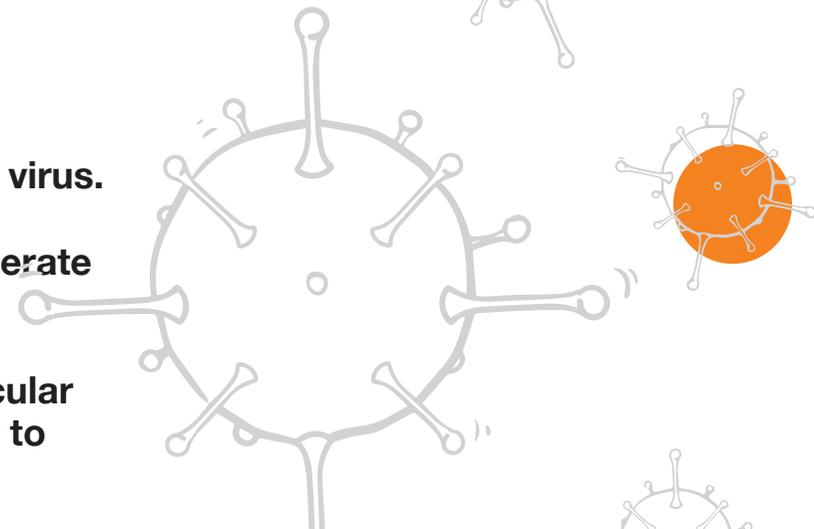


### What is coronavirus (covid-19)

Coronavirus disease (COVID-19) is an infectious disease caused by a new virus.

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment.

Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.



### Causes & Symptoms

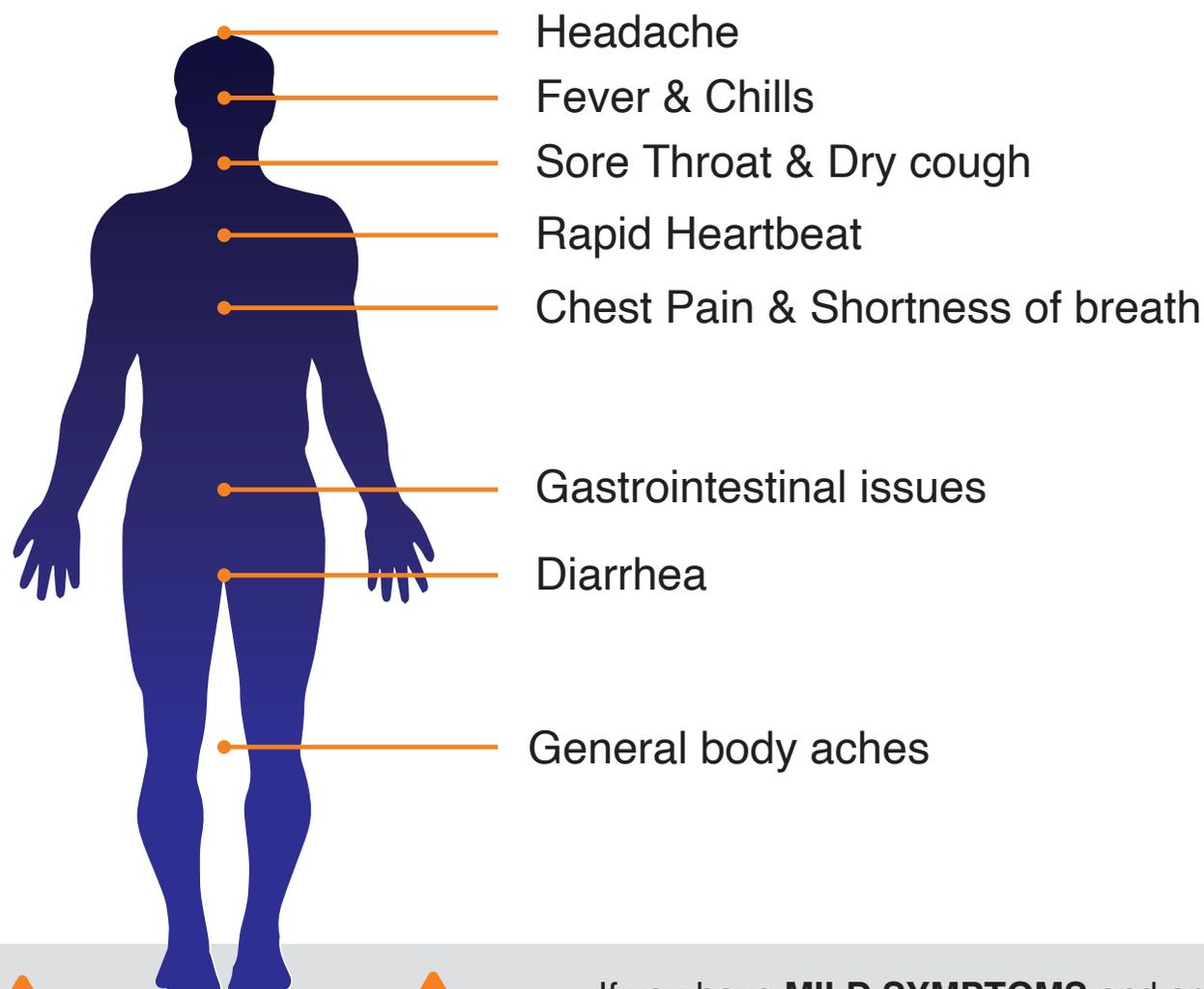
Symptoms may appear within 14 days of exposure. **MONITOR YOUR HEALTH!**

Mainly spread by **droplets** of saliva or discharge from the nose or mouth when an infected person talks, coughs or sneezes.

Touching **contaminated objects and surfaces** puts the infected droplets onto your hands which can enter your nose / eyes / mouth.

Travelers have spread the virus into other countries. **Screening at entry points** helps detect sick travelers.

### MILD SYMPTOMS



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

### SEVERE SYMPTOMS

- High Fever (38° C or higher)
- Pneumonia
- Kidney failure
- Death

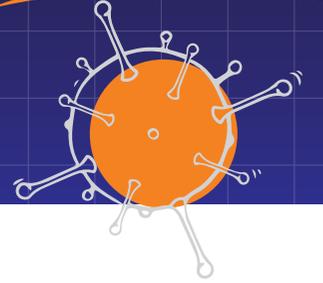


If you have **MILD SYMPTOMS** and are otherwise healthy. Contact your medical provider or a COVID-19 information line for advice on testing and referral.

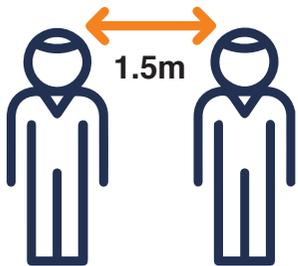
If you have a **fever, cough or difficulty breathing**, you should call your doctor and **SEEK MEDICAL ATTENTION.**

# CORONAVIRUS DISEASE (COVID-19)

## PREVENTION



Be **INFORMED** Be **PREPARED** Be **SMART** Be **SAFE**



### PRACTICE SOCIAL DISTANCING!

Maintain at least 1.5m distance between you and other people.

Communicate Communicate  
**Communicate!**

**#COVID-19**

Avoid sick people and don't let them cough or sneeze on you.

Stay away from large groups of people.

Avoid all unnecessary travel.



**We highly recommend wearing a mask**

- Wash your hands thoroughly before and after touching the mask.
- It should cover your mouth, nose and chin with the coloured side facing out.
- Remove a used mask holding only the ear loops, do not touch the outside.
- To be effective, change your mask regularly or if it is soiled or wet.
- Dispose of the used mask properly directly into a bin, do not recycle.



**Wash hands often with soap and water or use alcohol-based hand sanitiser.**



**Avoid touching your face.**



**Stay at home if you feel unwell.**



**Cover your coughs and sneezes with your elbow.**



**Do not share food, drinks and other personal items.**



**Refrain from smoking and other activities that weaken the lungs.**

## Medical Advice

The World Health Organization does not recommend self-medicating with any medicines, including antibiotics, as a prevention or cure for COVID-19

Always consult your medical practitioner if you are unsure

**DO NOT SELF-MEDICATE** using Chloroquine – it could be fatal

**DO BOOST YOUR IMMUNE SYSTEM** with immune boosters, vitamin C, eating a healthy balanced diet and exercise