

# UNDERSTANDING THE CORONAVIRUS (COVID-19)



## ALL YOU NEED TO KNOW ABOUT THE CORONAVIRUS AND HOW TO REDUCE YOUR RISK

COVID-19 is the infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019. (The World Health Organisation – WHO)

### COMMON SIGNS OF INFECTION INCLUDE:



Respiratory symptoms



Fever



Cough



Shortness of breath and breathing difficulties

### COVID-19 SPREADS VERY QUICKLY THROUGH:



The air, after coughing or sneezing



Close personal contact, such as when shaking hands or touching others



Touching an object or surface on which the virus is found

### PREVENTATIVE MEASURES TO REDUCE YOUR RISK:

**WASH YOUR HANDS FREQUENTLY**



**AVOID TOUCHING YOUR MOUTH, NOSE AND EYES**

**COVER A SNEEZE OR COUGH WITH A TISSUE OR BEND OF YOUR ELBOW**



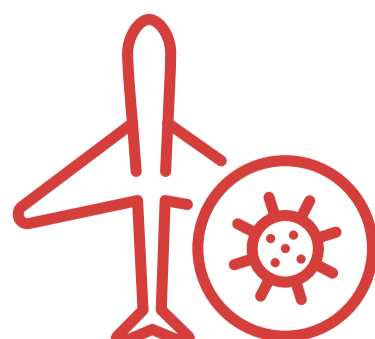
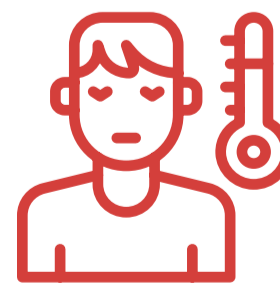
**AVOID CROWDED PLACES**

**AVOID CLOSE CONTACT WITH ANYONE WITH FLU-LIKE SYMPTOMS**



**STAY AT HOME IF YOU FEEL UNWELL - EVEN IF IT'S A SLIGHT FEVER OR COUGH**

**SEEK MEDICAL CARE IF YOU HAVE A FEVER, COUGH OR HAVE DIFFICULTY BREATHING**



**AVOID TRAVELLING AND USING PUBLIC TRANSPORT**

**Spread the word.  
Not the coronavirus.**