

CORONAVIRUS

WHAT YOU NEED TO KNOW

How does COVID-19 spread?

Human coronaviruses most commonly spread from infected person to others through

The air by coughing and sneezing

Close personal contact, such as touching or shaking hands

Touching an object or surface with the virus on it, then touching your mouth, nose, eyes before washing your hands

Rarely, faecal contamination

Signs and Symptoms

The flu-like symptoms like the name suggests is very similar to a common cold which could last for a few days. This includes:



Fever



Cough



Hard to breath

HOW CAN I PROTECT MYSELF?

- Wash your hands often with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose or mouth with unwashed hands
- Avoid close contact with people who are sick

