

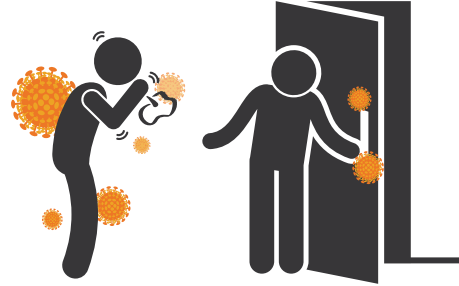
CORONAVIRUS DISEASE 2019 (COVID-19)

WHAT YOU NEED TO KNOW

This is a new coronavirus, first identified in Wuhan, China in December 2019.

TRANSMISSION Investigations are ongoing

- Mainly spread by **sick people** through **droplets** created when they talk, cough and sneeze.
- Touching **contaminated objects** puts the infected droplets onto your hands which can enter your nose / eyes / mouth.



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

SYMPTOMS Symptoms may appear within 14 days of probable exposure. Monitor your health!

- Fever
- Sore throat
- Cough
- Shortness of breath
- Muscle aches
- Diarrhoea



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



Seek immediate medical attention if you think you have been exposed or develop symptoms.

PREVENTION



Anyone who has any symptoms even if only mild should stay home and seek medical advice.

Get the flu shot – this will reduce the risk of seasonal flu and possible confusion with COVID-19 symptoms.



Maintain good personal hygiene and ensure safe food practices:

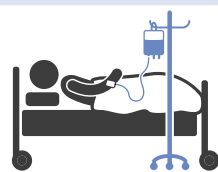
- Wash your hands frequently. Use alcohol-based hand sanitiser when soap and water are not readily available.
- Cover your coughs and sneezes.
- Avoid touching your face (eyes, nose and mouth) – especially if you have touched objects handled by many people (such as handrails, door handles).
- Do not share food, drinks and personal items.

Avoid potential exposure:

- Keep away from people who are sick. Don't let them cough or sneeze on you.
- Avoid activities which expose you to large groups of people.
- When in public areas, as much as possible, keep 1-2 metres distance from other people.
- Do not travel if you are sick.

TREATMENT

There is no specific treatment. Supportive care helps relieve symptoms.



There is **no vaccine** against COVID-19.



Keep up to date with news and information from the International SOS dedicated website: <https://pandemic.internationalsos.com/2019-ncov>

This infographic has been developed for educational purposes only and is correct at the time of publication. It is not a substitute for professional medical advice. Should you have any questions or concerns about any topic in the infographic, please consult your medical professional.



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