CORONAVIRUS (COVID-19)

What is Coronavirus (COVID-19) :

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus.

Symptoms of coronavirus :

FEVER

COUGH

*Symptoms may appear 2-14 days after exposure.

SHORTNESS OF BREATH

Seek medical advice if you develop symptoms.

But these symptoms do not necessarily mean you have the illness. The symptoms are similar to other illnesses that are much more common, such as cold and flu.

How coronavirus is spread :

It is believed that the New Corona Virus transmits like other Corona viruses and Flu, which transmits through:

	Direct contact with infected patients.
	Droplets during the patients coughing or sneezing.
	Contact with patients tools then directly touching the nose, mouth or eyes.

How to avoid catching or spreading coronavirus :

Do :
- ✓ wash your hands with soap and water often – do this for at least 20 seconds
- ✓ always wash your hands when you get home or into work
- ✓ use hand sanitiser gel if soap and water are not available
- ✓ cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- ✓ put used tissues in the bin straight away and wash your hands afterwards
- ✓ try to avoid close contact with people who are unwell

Don't :
- ✗ do not touch your eyes, nose or mouth if your hands are not clean