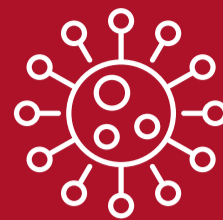


WHAT YOU NEED TO KNOW ABOUT CORONAVIRUS



The coronavirus has been declared a global health emergency by the World Health Organization.

THIS IS WHAT YOU NEED TO KNOW



**There is
no need
to panic**



Not everyone who
gets the virus
becomes very sick



Good personal hygiene
can protect you and
your family

WHAT IS IT?

The coronavirus is a virus, similar to the common cold or flu.

Symptoms can be very mild for some people, but can be far more deadly for others.

WHAT YOU NEED TO KNOW ABOUT CORONAVIRUS



WHAT ARE THE SYMPTOMS?



Fever



Tiredness



Dry cough



Difficulty in breathing

Some people may also have aches and pains, a blocked or runny nose, a sore throat, or diarrhea.

IS IT DEADLY?

Not everyone who gets the virus becomes very sick.

Most people (about 80%) recover without needing special treatment. Around 1 in every 6 people with the virus becomes seriously ill which could be fatal.

WHAT YOU NEED TO KNOW ABOUT CORONAVIRUS



HOW DOES IT SPREAD?

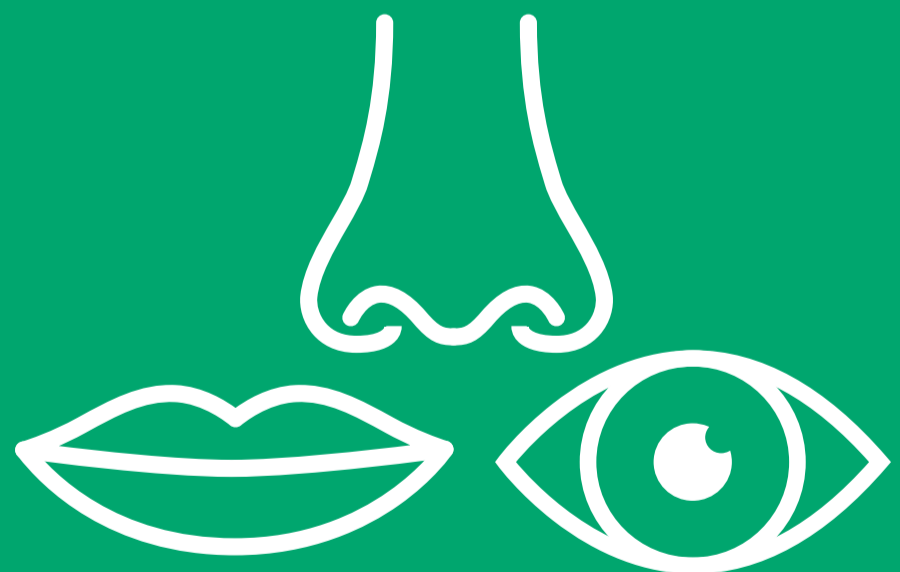
The virus is infectious and spreads from people who are infected to others through:



**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, or
eyes without washing your hands**

WHAT YOU NEED TO KNOW ABOUT CORONAVIRUS



CAN I GET IT FROM TOUCHING THINGS?

Yes, sometimes a sick person's saliva can get onto objects like:



Their hands



Doorknobs



Pens



Digital devices like
cellphones and laptops



Food and utensils

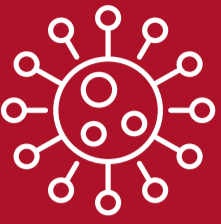


Stair railings



Don't touch your face, mouth, nose or eyes without washing your hands.

WHAT YOU NEED TO KNOW ABOUT CORONAVIRUS



WHAT SHOULD I DO IF I THINK I HAVE THE VIRUS?

If you have a **fever, cough** AND have **difficulty breathing** you should:



Speak to your
healthcare practitioner



Share your recent
travel history



Avoid travel



Avoid contact
with others

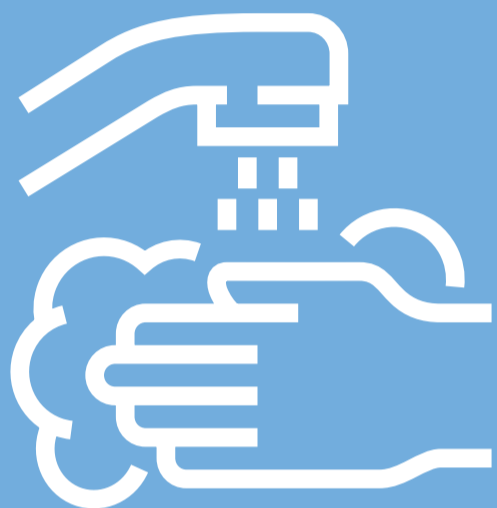
WHO IS AT RISK?

Anyone who comes into contact with the virus can get it, **BUT** older people and those with underlying medical problems like high blood pressure, heart problems, low immunity or diabetes are more likely to develop serious illness.

WHAT YOU NEED TO KNOW ABOUT CORONAVIRUS



HOW CAN I PROTECT MYSELF AND OTHERS FROM GETTING SICK?



Wash your hands
regularly and thoroughly
for 20 seconds with
soap and water or use an
alcohol-based hand rub



Avoid close contact with anyone
who has fever and cough. Avoid
close contact with other people if
you are coughing or have a fever



Cover your mouth and nose
with your elbow or a tissue
when you cough or sneeze



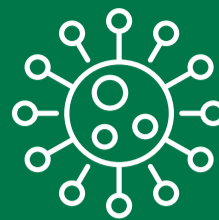
Only eat well-cooked food,
especially meat and eggs



Never spit in public

STAY HEALTHY: Get your flu vaccination

WHAT YOU NEED TO KNOW ABOUT CORONAVIRUS



HOW CAN IT BE STOPPED?

There are steps that you can take to prevent getting the virus, and stopping its spread.



At the moment there is no medicine available to prevent or treat the virus. Conventional medicines can treat the symptoms, helping to comfort those who are infected while their immune systems fight the virus.

The best option is to avoid getting sick in the first place by:

- Washing your hands
- Knowing your HIV status, and taking your HIV and TB medication
- Getting the flu injection

Wear a disposable face mask if you are ill with coronavirus or looking after someone who is ill.

WHAT YOU NEED TO KNOW ABOUT CORONAVIRUS



WHO IS AT GREATEST RISK?

Older people, those with other health conditions and people with compromised immune systems are likely to be affected more harshly than others.

**Protect
yourself
by:**



Knowing your status

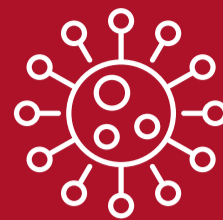


Taking your medication



Washing your hands thoroughly and regularly and covering your mouth when you cough or sneeze

WHAT YOU NEED TO KNOW ABOUT CORONAVIRUS



WHAT CAN I DO TO AVOID GETTING THE VIRUS?

Don't touch your face, mouth, nose or eyes without washing your hands.

