

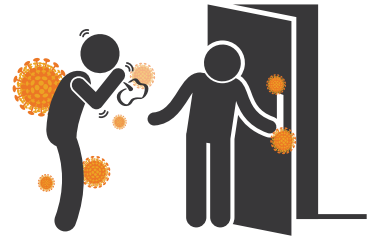
# CORONAVIRUS DISEASE 2019 (COVID-19)

## WHAT YOU NEED TO KNOW

It is caused by a new virus SARS-Cov-2; the situation is evolving.

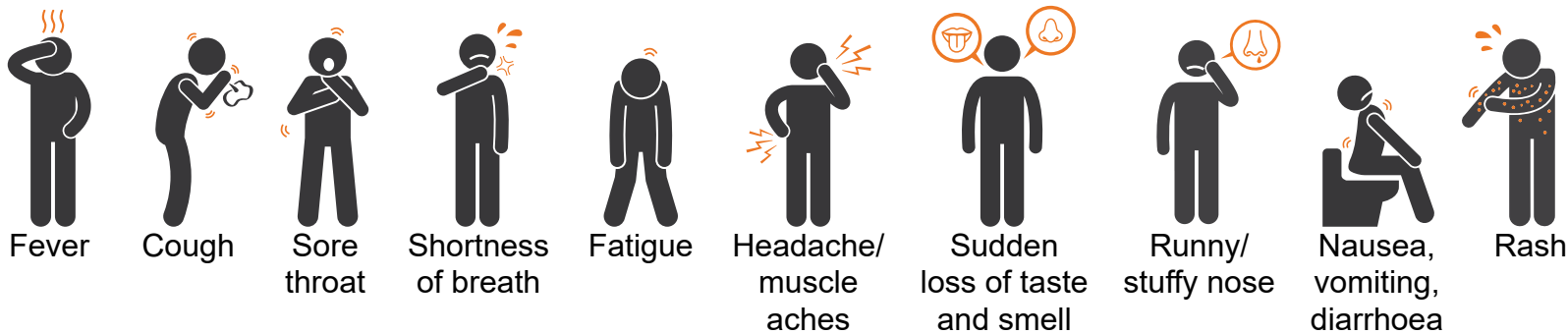
### TRANSMISSION

- Mainly spreads **between people in close contact**. Infected people **expel droplets** when they talk, cough, sing, sneeze, or breathe heavily. These may enter your eyes / nose / mouth.
- People may **inhale** infected droplets. Risk is higher in indoor spaces with inadequate ventilation (airborne transmission).
- Touching **contaminated objects** puts infected droplets onto your hands which can enter your nose / eyes / mouth.
- Infected people with **minimal or no symptoms** may spread COVID-19.



### SYMPTOMS

Some people may not have any symptoms yet can spread the infection.



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

If you have been exposed or develop symptoms, **follow local procedures** for testing, quarantine / self-isolation / seeking medical care.



**TESTING:** Tests are done in specialised labs. Results may get delayed. Isolate yourself while waiting for test results.



### PREVENTION



#### Vaccination:

If you are eligible, get a COVID-19 vaccine as soon as it's available to you. Follow the guidelines from your local health authorities.



#### Reduce transmission, avoid potential exposure and maintain personal hygiene:

- **Wear a face mask** whenever required to, especially when in public places.
- **Keep 1-2 metres away from others**, even if they appear well, and avoid direct contact with them.
- **Cover your coughs and sneezes**. Use your elbow or a tissue.
- **Wash your hands frequently**. Carry hand sanitiser for use when soap and water are not readily available.
- Avoid crowded areas, **ensure adequate ventilation** in enclosed spaces.
- Minimise gatherings with friends and family.
- Avoid hugging, shaking hands and kissing when greeting others.
- Avoid touching your face, especially if you have touched objects handled by many people.
- If you have symptoms, even if mild, stay home and seek medical advice.
- Avoid visiting hospitals and other medical facilities unless you need medical care.

**TREATMENT:** There is no specific treatment yet. Several trials are ongoing. Supportive care helps relieve symptoms.



**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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Scan this QR code to watch the COVID-19 Top 10 Preventative Measures video or go to: <https://vimeo.com/442298528>

