

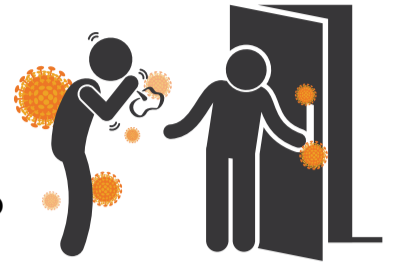
CORONAVIRUS DISEASE 2019 (COVID-19)

WHAT YOU NEED TO KNOW

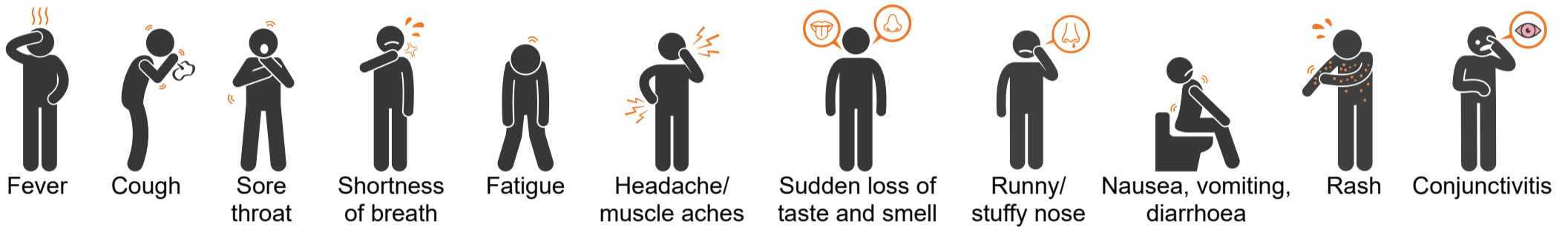
Is caused by SARS-CoV-2 virus.

TRANSMISSION

- Mainly spreads between **people in close contact**. Infected people **expel droplets** which may directly enter your eyes / nose / mouth.
- People who are more than 2 metres (6 feet) away may **inhale** air carrying very small particles that contain virus. Risk is higher in poorly ventilated and/or crowded indoor settings where people spend longer periods of time.
- 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



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

Diagnosis is made through specific testing. The **Polymerase Chain Reaction (PCR)** test is most accurate and widely used.



Rapid Diagnostic Test (RDT) is less accurate than PCR but the result is available within minutes.

PREVENTION



Protect yourself and others.

Follow guidelines from your local health authorities.

- Get a COVID-19 vaccine as soon as it is available to you, including a booster if recommended.
- Maintain physical distance - keep 1-2 metres (3-6 feet) away from others, even if they appear well.
- Wear a well-fitting face mask (or cloth covering nose and mouth) whenever required to, whenever in public or when it is difficult to maintain distance.
- Wash your hands frequently with soap and water. Use alcohol-based hand sanitiser when soap and water are not readily available.
- Ensure adequate ventilation, especially in confined, enclosed spaces and in crowded places.
- Avoid crowded areas and public gatherings. Consider whether gatherings with friends and family should be minimised. Limit face-to-face interactions.
- If you are sick, stay home. Cover your coughs and sneezes and isolate yourself as much as possible.

TREATMENT

Specific treatment protocols and new medications are available.



Mildly sick patients can be managed at home with rest, plenty of fluids and medications to relieve symptoms.



Severe cases require hospitalisation.



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.

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

