**Coronavirus Disease 2019 (COVID-19)**

**What You Need to Know**

It is caused by a new virus; the situation is evolving.

### Transmission

- 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.
- Touching **contaminated objects** puts infected droplets onto your hands which can enter your nose / eyes / mouth.
- People may **inhale** infected droplets.
- Infected people with **minimal or no symptoms** may spread COVID-19.

### Symptoms

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

- Fever
- Cough
- Sore throat
- Shortness of breath
- Fatigue
- Headache / muscle aches
- Sudden loss of taste and smell
- Runny / stuffy nose
- Nausea, vomiting, diarrhoea
- Rash
- Sudden loss of taste and smell

Most cases are **mild**. Some are **severe** and can be fatal.

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

### Prevention

- Wear a **face mask** (or cloth covering nose and mouth) especially:
  - When in face-to-face contact with others.
  - When social distancing cannot be achieved.
  - If you are in the high-risk groups.
  - When indoors, even if social distancing is adhered to.
- Wear a **medical mask**:
  - If you are sick, even if symptoms are mild.
  - If you have tested positive for COVID-19 or are waiting for test results.
  - When caring for a sick person.
  - If you are at a higher risk for severe COVID-19.

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

- **Reduce the spread of infection**:
  - If you have any symptoms even if mild, stay home and seek medical advice. Follow local guidelines.
  - Wash your hands frequently. Use alcohol-based hand sanitiser when soap and water are not available.
  - Cough and sneeze into your elbow, not your hands.
  - Avoid touching your face (eyes, nose and mouth) – especially if you have touched shared objects (such as handrails, door handles).
  - Do not share food, drinks and personal items including mobile phones.
  - Clean and disinfect frequently touched surfaces regularly.
  - Do not travel if you are sick.

- **Avoid potential exposure**:
  - Stay home as much as practical.
  - In public, try to maintain a distance of 1-2 metres (3-6 feet) from others. Avoid crowded places.
  - Do not hug, kiss or shake hands to greet people.
  - Keep face-to-face interactions brief.
  - Minimise gatherings with friends and family.
  - Maintain distance from sick people. Don’t let them cough or sneeze on you.
  - Avoid health facilities unless you need medical care.
  - As far as possible, use private transport.

### Treatment:

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

Some countries have started **vaccination** among priority groups.

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