

CORONAVIRUS DISEASE 2019 (COVID-19)

WHAT YOU NEED TO KNOW

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

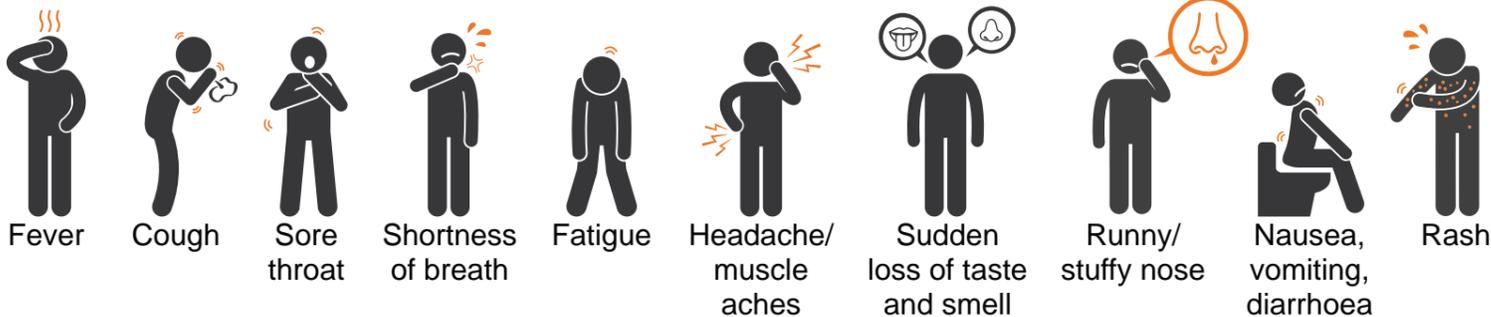
TRANSMISSION

- 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.

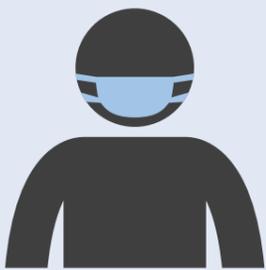


Most cases are **MILD**. Some are **SEVERE** and can be fatal.

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>

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>

