**NOVEL CORONAVIRUS (2019-nCoV)**

**WHAT YOU NEED TO KNOW**

**TRANSMISSION**

- Mainly spread by sick people to others – through droplets which are created when infected people talk, cough and sneeze (like colds and flu).
- Touching contaminated objects puts the droplets onto your hands. If you touch your face the droplets can enter your nose / eyes / mouth.

**SYMPTOMS**

- Fever
- Sore throat
- Cough
- Shortness of breath
- Muscle aches
- Diarrhoea

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

Symptoms may appear within 14 days of probable exposure. **Monitor your health!**

**PREVENTION**

**Maintain good personal hygiene and ensure safe food practices:**
- Wash your hands frequently. Carry hand sanitiser for use when soap and water are not readily available.
- Avoid touching your face.
- Ensure food, including eggs, is thoroughly cooked.

**Avoid potential exposure:**
- Keep some distance from people who are obviously sick.
- Do not travel if you are sick.
- Avoid direct contact with animals (live or dead) and their environment.
- Do not touch surfaces that may be contaminated with droppings.

**TREATMENT**

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

There is **no vaccine** against 2019-nCoV.

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