

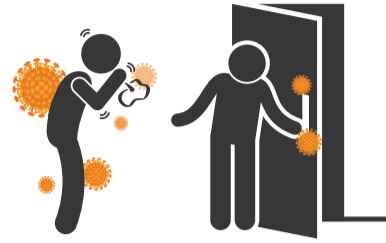
CORONAVIRUS DISEASE 2019 (COVID-19)

WHAT YOU NEED TO KNOW

This is a new coronavirus, first identified in Wuhan, China in December 2019.

TRANSMISSION Investigations are ongoing

- Mainly spread by people through **droplets** created when they talk, cough and sneeze.
- Touching **contaminated objects** puts the infected droplets onto your hands which can enter your nose / eyes / mouth.



Travellers have spread the virus into other countries. **Screening at entry points** helps detect sick travellers.

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

- Fever
- Cough
- Sore throat
- Fatigue
- Shortness of breath
- Sudden loss of sense of smell and taste
- Headache / muscle aches
- Diarrhoea



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



Seek immediate medical attention if you think you have been exposed or develop symptoms.

PREVENTION



If you have any symptoms even if only mild, stay home and seek medical advice. Follow local guidelines.

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



Maintain good personal hygiene and ensure safe food practices:

- Wash your hands frequently. Use alcohol-based hand sanitiser when soap and water are not readily available.
- Cover your coughs and sneezes.
- Avoid touching your face (eyes, nose and mouth) – especially if you have touched objects handled by many people (such as handrails, door handles).
- Do not share food, drinks and personal items including mobile phones.

Avoid potential exposure:

- As much as possible, keep 1-2 metres (3-6ft) distance from other people.
- Clean and disinfect frequently touched surfaces each day, more often if you think they've been contaminated.
- Keep away from people who are sick. Don't let them cough or sneeze on you.
- Avoid activities which expose you to large groups of people.
- Avoid shaking hands, kissing or hugging; instead wave, bow, nod or use any other culturally appropriate gesture to greet visitors; maintaining a distance of 1-2 metres (3-6 ft).
- Avoid visiting hospitals and other medical facilities unless you need medical care.
- Do not travel if you are sick.
- Avoid non-essential travel. Work from home where possible.

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

There is no vaccine against COVID-19.



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>

