CORONAVIRUS DISEASE 2019 (COVID-19)
WHAT YOU NEED TO KNOW

TRANSMISSION
Investigations are ongoing

- Mainly spread by sick 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
- Sore throat
- Cough
- Shortness of breath
- 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

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.
- Ensure food, including eggs, is thoroughly cooked.
- Do not share food, drinks and personal items.

Avoid potential exposure:

- Do not visit wet markets or farms.
- Avoid direct contact with animals (live or dead) and their environment.
- Do not touch surfaces that may be contaminated with droppings.
- Avoid contact with stray animals – cats, dogs, rodents, birds and bats.

- Keep some distance from people who are obviously sick. Don’t let them cough or sneeze on you.
- Avoid activities where you are likely to be exposed to large groups of people.
- Do not travel if you are sick.

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

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.

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