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

TRANSMISSION

- 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.

SYMPTOMS

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