

# COVID-19

## If you have symptoms

► The most common signs and symptoms are:

*Fever*



*A new, continuous cough*



*Difficulty breathing*



► You may also experience:

*Excessive tiredness*



*Headache*



Most cases are **mild**. Some are **severe** and can be fatal.

**Older people** and those with **other health problems** are most vulnerable.

The **whole community** must take action to protect these groups.

► We must follow the rules on prevention:

### Act now!

- If you have the signs of COVID-19 (fever and continuous cough or difficulty breathing) **stay at home for 14 days**.
- **Stay away** from other people in your household.
- **Stay away** from people outside your house.
- **Wear a mask** or protection over your nose and mouth.
- If you live with other people who are infected, **stay at home for 14 days**.
- If you have difficulty breathing, **seek medical attention immediately**.
- **Call an ETS rider** to assist.