

COVID-19

Be informed! Be prepared!

Many countries are affected by a new virus.

► **Most common symptoms are:**



Fever



*A new,
continuous cough*



*Difficulty
breathing*

Virus spreads mainly when infected people cough or sneeze.

We all have a role to play in stopping the spread of the virus.

► **We can all do the following to prevent infection:**

Act now!

- **Wash hands frequently** with soap and water. Wash for at least 20 seconds.
- **Do not touch** your eyes, nose or mouth with your hands.
- Keep a **2-metre distance** from people outside your household.
- **Cover** your coughs and sneezes.
- **Do not shake hands** – find another way to greet.
- Keep surfaces, phones, door handles and other everyday items **clean with soap and water.**
- **Do not share** food, drinks and personal items.

If we follow these rules we protect ourselves, our families and the whole community.