



COVID-19

WHAT YOU NEED TO KNOW

What is COVID-19?

COVID-19 is the recently discovered coronavirus causing infectious disease in Wuhan, China, in December 2019.

Who are AT RISK?

EVERYONE is at risk. Elderly and those with comorbidity (such as high blood pressure, heart disease, lung disease, cancer or diabetes) are highly susceptible to manifest severe illness more often than others.

How does COVID-19 spread?

- **Droplet transmission** through direct exhaling, coughing or sneezing less than one meter from an infected person.
- **Direct Contact** occurs when there is physical contact between an infected person and a susceptible person
- **Indirect Contact** with contaminated things and surfaces by infected person followed by touching their eyes, nose or mouth.

What are the symptoms of COVID-19?



Fever



Headac



Flu



**Out of
breath**



**Sever
cough**



**Sore
throat**

Frequent and proper hand hygiene is the best way to prevent

What can I do to PROTECT myself and PREVENT the spread of disease?



- **Hand Hygiene**

Use an alcohol-based hand rub or wash them with soap and water thoroughly and regularly.



- **Social distancing**

At least 1-meter (3 feet) of the distance between yourself and everyone.



- **Avoid touching your eyes, nose & mouth**

Contaminated hands may transfer the virus to the eyes, nose, or mouth thereby causing possible sickness.



- **Proper cough etiquette**

cover your mouth and nose with your bent elbow or tissue paper.



- **Clean and disinfect frequently touched objects and surfaces**



- **Stay at home if you feel unwell**

Seek medical attention and call in advance once you have a fever, cough, and difficulty breathing.



- **Keep Up To Date On The Latest COVID-19 News And Hotspots**

Are there any medications or treatments that can prevent or treat COVID-19?

There are no specific vaccines and antiviral medicine **yet!**

- ✔ Self-medication is highly prohibited.
- ✔ People with severe illness should be hospitalized.
- ✔ Relieving symptoms through supportive care is the most effective intervention currently.

