1. Covid-19 enters the body through mouth, nose or eyes
2. It finds a host-cell in the respiratory system
3. The host-cell bursts and infects other cells
4. Symptoms appear in 1–14 days after the exposure

HOW THE VIRUS SPREADS
The novel coronavirus spread to human from wildlife animals, which thought to be pangolin, at the Wuhan seafood market, China. COVID-19 is transmitted between humans in droplets from coughing and sneezing or touching by shaking hands.

WATCH OUT FOR THESE SYMPTOMS
common symptoms:  
- fever
- cough, sore throat
- runny nose
- muscle pain, headache

potential complications:  
- shortness if breath
- pneumonia
- kidney failure
- heart damage

DON‘T
- TOUCH your eyes, nose or mouth with unwashed hands
- STAY IN crowded places
- GREET your colleagues with shaking hands and hugging
- TOUCH door handles and banisters
- TRAVEL to high-risk areas
- GO to work if you have cold symptoms

DO
- WASH your hands for 20 sec with soup and water or alcohol-based sanitizer
- AVOID being around people who are unwell
- COVER mouth and nose with the crook of your arm when coughing or sneezing
- USE tissues and dispose them in closed containers
- VENTILATE THE rooms
- CONTACT your family doctor if you have infection symptoms