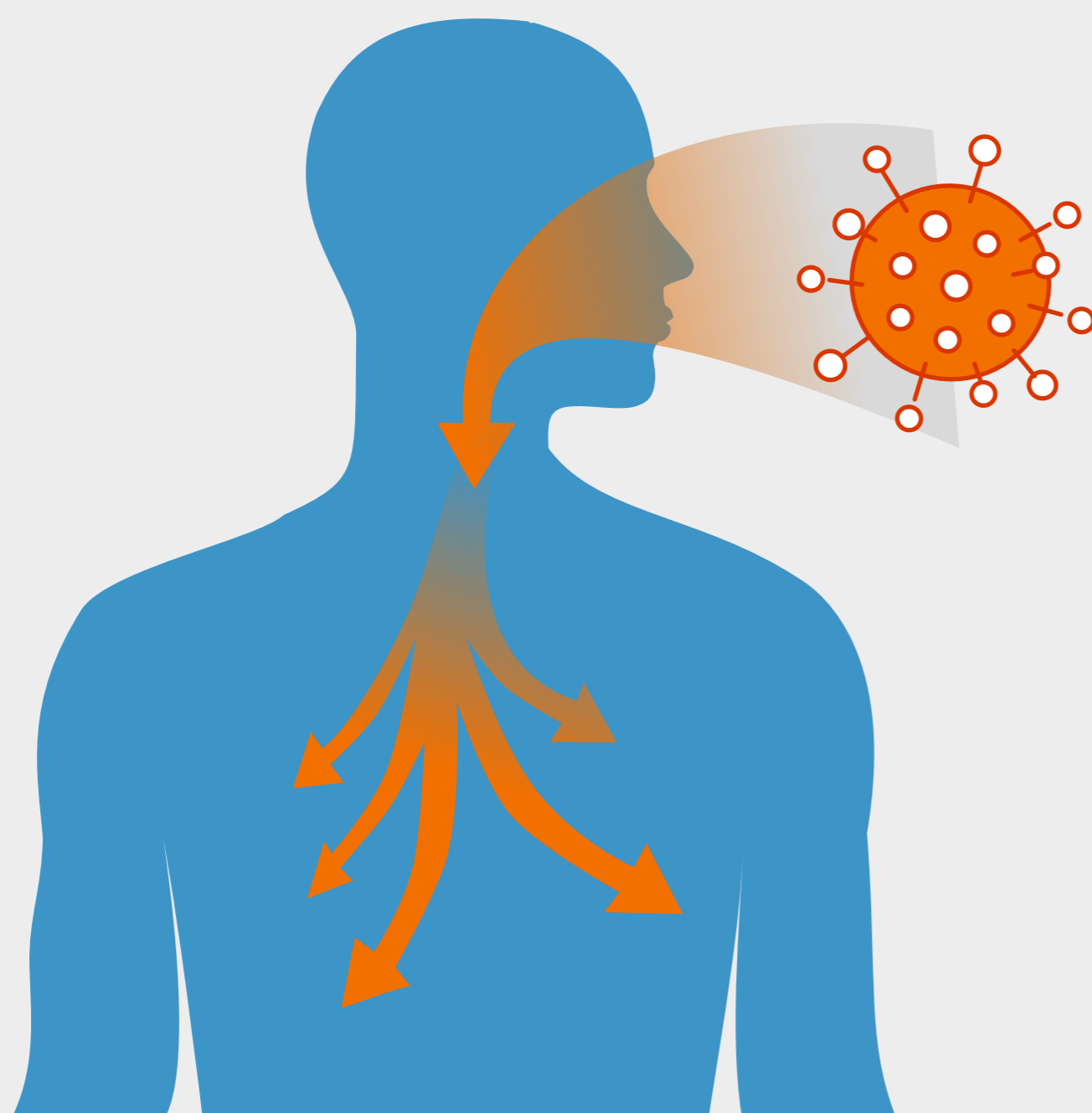
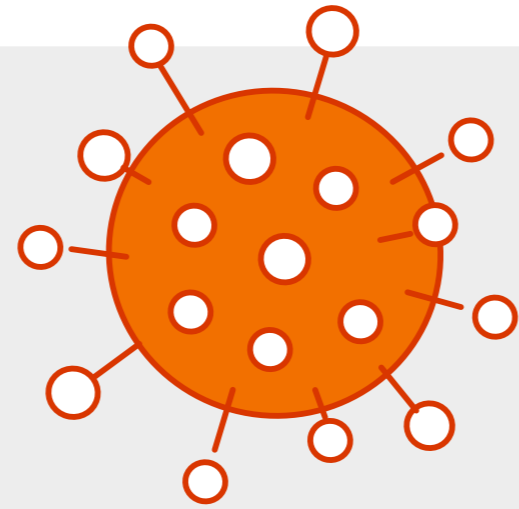


>> WHAT YOU NEED TO KNOW ABOUT <<

CORONAVIRUS COVID 19



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 of 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

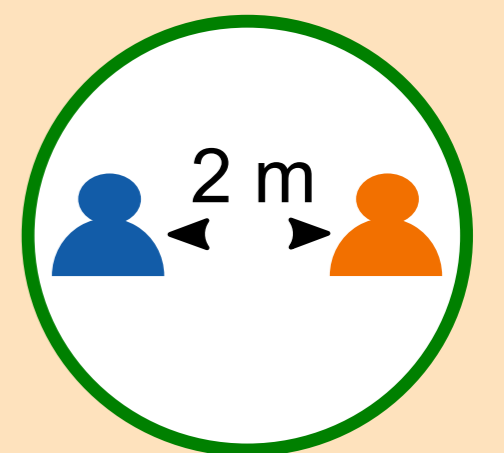


DO



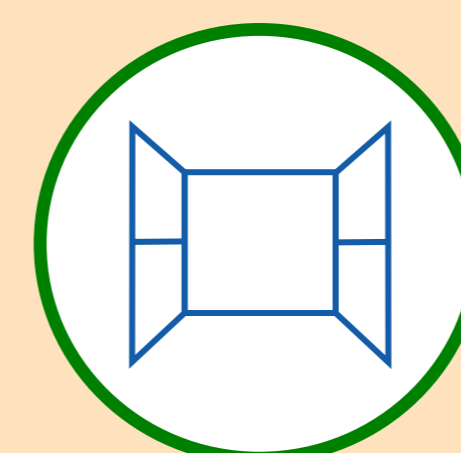
WASH your hands for 20 sec with soap and water or alcohol-based sanitizer

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

