

CORONAVIRUS DISEASE - 2019

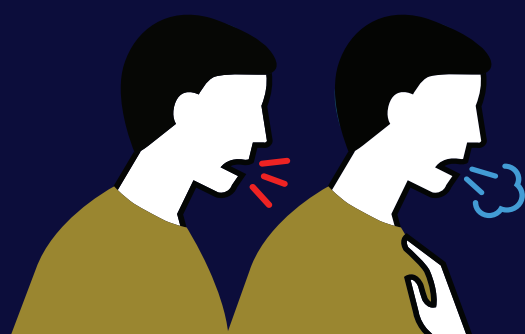
What is Coronavirus Disease - 2019 (COVID-19)?

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COVID-19 is a new strain of Coronavirus that causes respiratory illness. The first case was identified in China



How is it spread?



Contact with an infected person with COVID-19 virus through coughing or sneezing

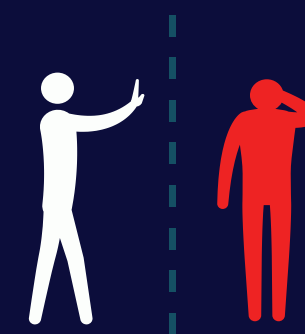


Contact with contaminated surfaces or articles with the COVID-19 virus

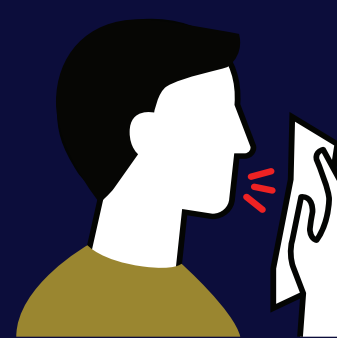
How can I protect myself and others?



Regularly wash hands with soap and water, or use an alcohol based hand sanitizer



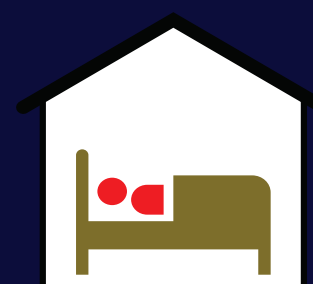
Avoid close contact with people who have flu-like symptoms



Cover your nose and mouth with tissue or cough and sneeze into your flexed elbow



Avoid handshaking hugging and kissing with people who have flu-like symptoms



Stay home and avoid travelling when you have flu-like symptoms

Signs and symptoms



Fever



Cough



Shortness of breath



Body ache



Headache

Protect yourself, family and community from COVID -19

Anyone arriving from a country or area reporting COVID -19 is advised to isolate themselves for 14 days.

For more information contact:

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