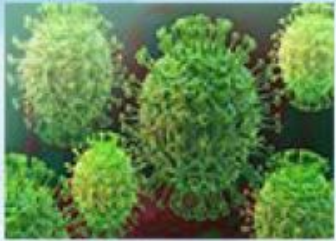


WHAT IS COVID - 19?

COVID - 19 is an infection caused by a new strain of coronavirus that has not been previously identified in humans. Corona - viruses are a large family of viruses that cause illness ranging from the common cold to severe disease such as Middle East Respiratory Syndrome and Severe Acute Respiratory Syndrome. COVID - 19 can spread from person to person.



INITIAL SIGNS AND SYMPTOMS?



FEVER



COUGH



BREATHING
DIFFICULTIES

COVID -19 CAN CAUSE SEVERE SYMPTOMS;

- Pneumonia
- Severe Respiratory Syndrome
- May cause death

MODES OF TRANSMISSION

COVID - 19 is spread through;

- Close contact with an infected person
- Contact with droplets from an infected person's cough or sneeze.
- Touching objects or surface (like door knobs or tables) that have cough or sneeze droplets from an infected person then touching eyes, mouth and face.

PREVENTIVE MEASURES

- Avoid going to public gatherings and avoid close contact with anyone with cold or flu like symptoms
- Regularly wash your hands for at least 20 - 30 seconds with clean water, soap and dry thoroughly or use hand sanitizer.

- Cover mouth and nose when cough or sneezing with tissue. Quickly throw used tissue in a rubbish bin.
- Avoid touching mouth and eyes if your hands have not been recently washed or sanitized.

- Always clean cooking utensils before preparing food.
- Cook meat and eggs thoroughly.
- Seek medical help if you are experiencing the following;

1. fever
2. cough
3. breathing difficulties

PREVENTION IS BETTER THAN CURE