

How to prevent?



Wash your hands frequently



Cough & sneeze into the elbow



Avoid contact with others



Dispose of used tissues immediately



Avoid crowds & public gatherings



Avoid touching your face



Clean all shared surfaces frequently



Isolate yourself if sick or at risk of complications



Wear a mask in public, have symptoms or caring for someone with symptoms



Avoid all nonessential travel



Work from home if possible



Call ahead before going to a clinic or hospital



Get yourself vaccinated

Covid – 19 Facts to know



What is Covid – 19?

A viral infection
caused by Coro-
navirus SARS-
CoV-2 type

What are the symptoms?



Fever



Cough



Runny
nose



Sore
Throat



Breathing
difficulties



Headache



Vomiting/
& Diarrhea



Muscle
joint pains

In more severe patients:

- Pneumonia
- Severe Respiratory distress
- Kidney failure

Symptoms may
appear 2-14 days after
virus enters the body.

Some individuals can
spread the virus during this
period without
showing
symptoms

How does it spread?

Respiratory droplets

Direct contact

Fomites