

the **coronavirus**

here's what you need to know and what you need to do

what is a coronavirus? Coronaviruses are a large family of viruses which may **cause illness in animals or humans**. Coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases. The virus is also referred to as COVID-19.

what are the symptoms? A dry cough, fever and difficulty in breathing are the most common symptoms of COVID-19. These symptoms are usually mild and begin gradually. Most people recover from the disease without needing special treatment. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. People with fever, cough and difficulty breathing should seek medical attention.



dry cough



fever



difficult breathing

how to protect yourself

wash your hand frequently. Regularly and thoroughly (at least 20 seconds) clean your hands with an alcohol-based hand rub or wash them with soap and water.

avoid touching your face – your eyes, nose or mouth. Hands touch many surfaces which can be contaminated. If you touch your eyes, nose or mouth with your contaminated hands, you can transfer the virus onto yourself. From there, the virus can enter your body and can make you sick.

practice safe respiratory hygiene. By following good respiratory hygiene you protect the people around you from droplets that spread viruses such as cold, flu and COVID-19. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. If you have a fever, a cough, or having difficulty breathing, seek medical attention.



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