

# CORONAVIRUS (COVID-19): SYMPTOMS & PREVENTION

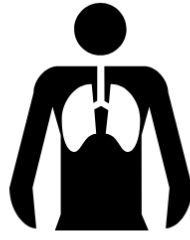


## TRANSMISSION

COVID-19 spreads via respiratory droplets produced when an infected person coughs or sneezes. Majority of COVID-19 cases have occurred in people with close physical contact to cases and healthcare workers.

## SYMPTOMS

- ✓ **Fever**
- ✓ **Cough**
- ✓ **Difficulty Breathing**
- ✓ **Muscle Pain**
- ✓ **Fatigue**



**COVID-19**

## OUTBREAK

Last updated: March 25, 2020

**436,159**

Cases

**19,648**

Deaths

**111,847**

Recovered

**3.4%**

3.4% Mortality Rate estimated by the WHO as of March 3.

**2-14 Days**

Incubation Period

Travelers returning from a high risk country will be asked to self-quarantine.

## PREVENTION

There are no vaccines to prevent COVID-19 and strict hygiene practices should be followed. Older adults and people with underlying chronic medical conditions are more likely to develop serious complications.



### Stay Home

People who are mildly ill or experiencing symptoms should stay at home, except for getting medical care.



### Face Masks

Wear a face mask when surrounded by other people if you are feeling unwell to stop the spread of illness.



### Hand Washing

Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing.



### Avoid Sharing

Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets.



### Avoid Touching

Avoid touching your eyes, nose, and mouth with unwashed hands. Do not shake hands or hug people.



### Clean Surfaces

Practice routine cleaning of high touch surfaces including: counters, doorknobs, phones, and tables.



### Hand Sanitizer

Use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.



### Monitor Symptoms

Seek prompt medical attention if symptoms worsen and call your healthcare provider about any COVID-19 concerns.