

CORONA VIRUS AWARENESS

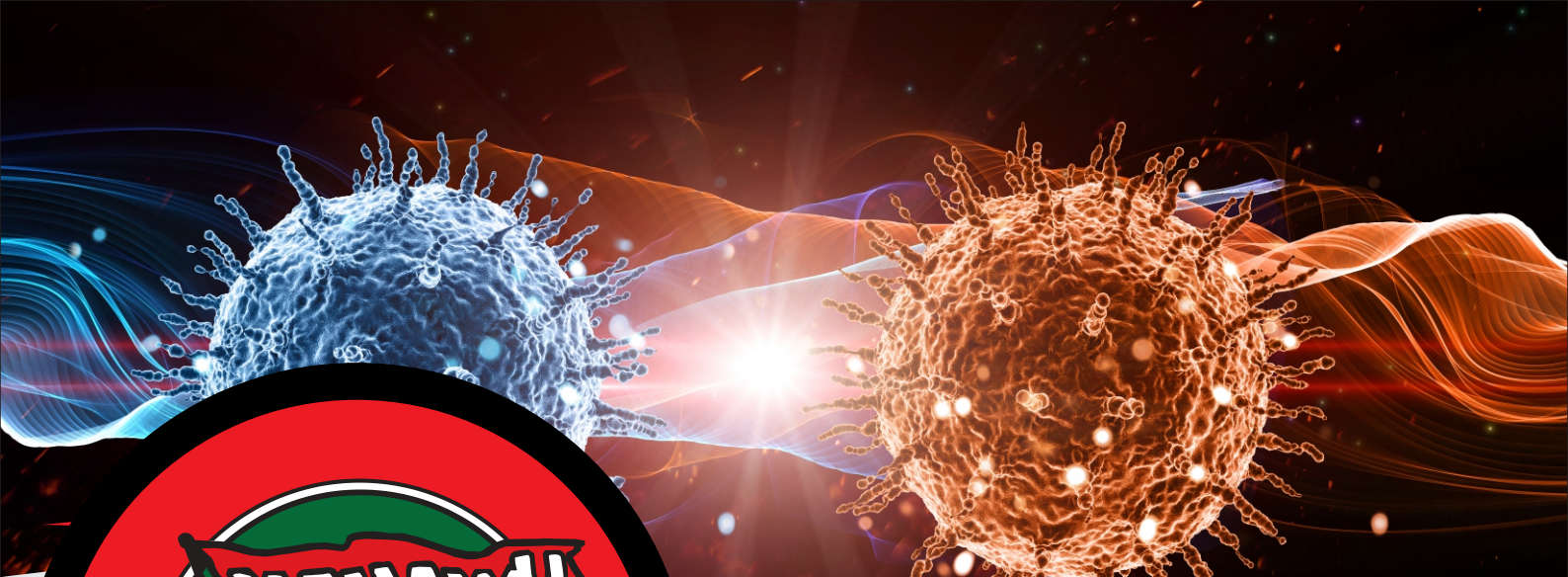
WHAT TO DO IF YOU THINK YOU HAVE IT

"Call ahead before you go to a doctor's office or emergency room. Tell them about your recent travel and your symptoms."

They will then best advise you regarding going for diagnostic testing to confirm or refute your suspicion. In the meantime:

- **Separate yourself from other people in your home and do not go out, except to get medical care.**
- **Cover your mouth and nose with a tissue when you cough or sneeze and wash your hands with soap and water, often.**
- **Avoid sharing personal household items.**
- **Continue to monitor your symptoms, follow doctor's orders and remain calm and rest.**
- **If you suspect that you have COVID-19, wear a mask when interacting with your family and limit visitors. Take note of who you may come into contact with.**
- **"Symptoms may appear two to 14 days after exposure" - The CDC. © 2020.**

**CORONA VIRUS OUTBREAK 24-HOUR HOTLINE NUMBER:
08 000 29999**



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SYMPTOMS

- HEADACHE & SORE THROAT
- FEVER
- COUGH
- SHORTNESS OF BREATH
- SHAKING CHILLS
- DHIARREA



PREVENTION

- AVOID CLOSE CONTACT WITH PEOPLE WHO ARE SICK
- AVOID TOUCHING YOUR EYES, NOSE, AND MOUTH
- COVER YOUR COUGH OR SNEEZE WITH A TISSUE
- SHORTNESS OF BREATH
- *FOLLOW CDC'S RECOMMENDATIONS FOR USING A FACEMASK
- WASH YOUR HANDS OFTEN WITH SOAP AND WATER FOR AT LEAST 20 SECONDS

* CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19. Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).

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