

WHAT YOU NEED TO KNOW ABOUT CORONA VIRUS (COVID19)

What is Corona Virus?

It is a new flu-like virus that can cause severe illness in some people, but most people experience mild to moderate flu-like symptoms which should be managed at home.

How does Corona Virus spread?

Transmission is human-to-human: This virus spreads faster when an infected person's sneeze or cough droplets come into contact with others.

Who is at risk of getting the virus?

Everyone is at Risk. Severe infection is more common in the elderly and in people who are chronically ill (heart condition, diabetes, high blood pressure, Cancers, HIV, asthma, TB and pneumonia)

When to seek medical care

When you have difficulty in breathing should you seek medical care immediately by calling and arranging an appointment with your health care provider or dial 977. Otherwise stay at home and self-isolate.

Signs and Symptoms of Corona Virus



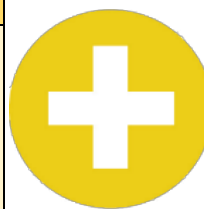
Fever



Cough



Difficulty breathing



When you have difficulty in breathing should you seek medical care immediately.

Preventing the spread of the virus



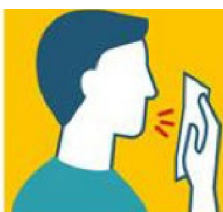
Frequently wash your hands with soap and safe running water for at least 20 seconds.



Regularly clean and disinfect frequently touched objects and surfaces such as door handles and cell-phones



Avoid being around people when you experience flu-like symptoms to avoid spreading illness to others.



When coughing or sneezing cover your mouth and nose with flexed elbow or clothing (and not your hand) then immediately wash your hands



Avoid Spitting in the open



Avoid handshakes, hugging touching your eyes, nose, and mouth with unwashed hands.



Stay at home and self-isolate, taking good care of yourself



When you have difficulty in breathing, seek medical care immediately by calling and arrange an appointment with your health care facility or dial 977



Avoid crowded areas