

# What is covid-19 (Coronavirus)?

Coronaviruses are a large family of viruses that cause illness ranging from the common cold to more severe diseases. COVID-19 is the infectious disease caused by the latest discovered coronavirus (SARS-CoV-2).

## How does the virus spread?

People can catch COVID-19 from others who have the virus by inhaling small droplets from a cough or sneeze, or by touching contaminated surfaces.

## What are the symptoms?

Many people who become infected experience mild illness and recover, but it can be more severe for others.

### SEVERE SYMPTOMS

- High fever (100.4 or higher)
- Pneumonia

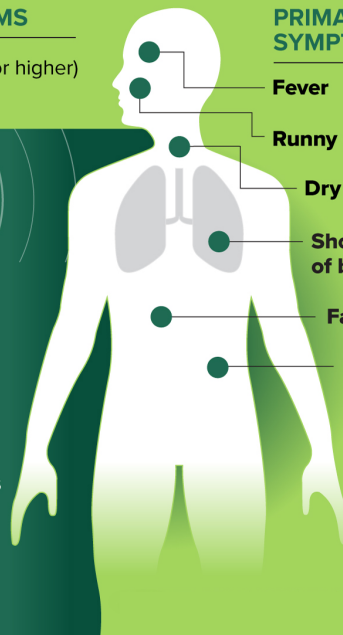
### PRIMARY SYMPTOMS

- Fever
- Runny nose
- Dry Cough
- Shortness of breath
- Fatigue
- Body Aches

### TRANSMISSION

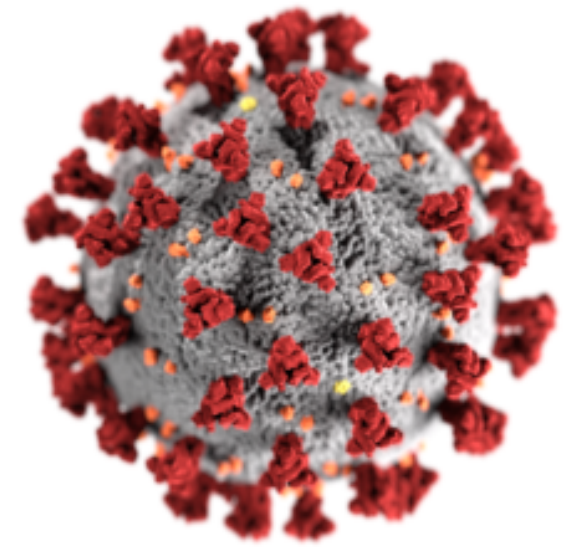
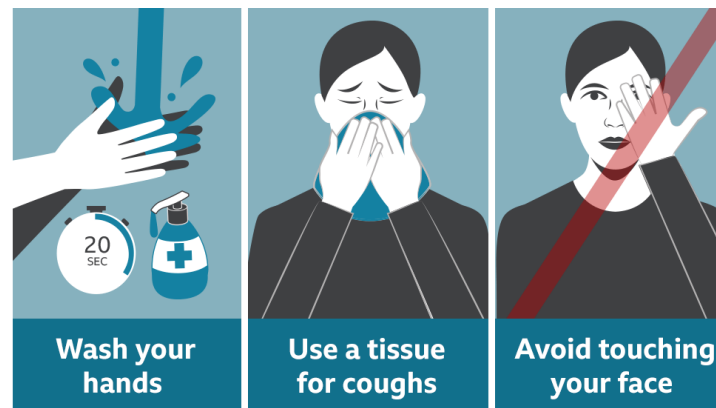
Spread from person to person through sneezing or coughing.

Respiratory droplets containing the virus can remain on surfaces even after the ill person is no longer near.



**There are simple things you can do to help keep yourself and others healthy.**

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



# HELP FIGHT COVID-19

## How to Prepare, Isolate, and/or Self-Quarantine

For more information: [www.cdc.gov/COVID19](https://www.cdc.gov/COVID19)

## ISOLATION

### What is isolation at home?

For people with mild symptoms of COVID-19, hospitalisation may not be necessary. Instead, healthcare providers may recommend isolation at home.

Isolation at home, self-isolation, or home isolation means remaining at home or in a designated setting that is well ventilated.

#### **While in home isolation, observe the following rules:**

- Do not allow visitors.
- Only household members who are caring for the person suspected or confirmed of having COVID-19 should stay at home.
- Separate yourself from other people in the household. Use facemasks, if you have one, when in the same room with other people, to protect them.
- Stay in a well-ventilated room with a window that can be opened.
- If a dedicated toilet is not available, the isolated person should clean the toilet thoroughly after each use.
- Use separate towels, eating utensils, drinking glasses, bedding or any other item commonly shared in the family setting.
- Activate your support system: ask friends, neighbours or community health care workers for help to run essential errands.
- Follow the advice of your healthcare provider and call them if your condition worsens.

## PREPARE

### How can you prepare?

- Educate yourself on COVID-19 from trusted sources.
- Keep physically active to ensure good physical condition.
- Have over-the-counter medicines and medical supplies (such as tissues, thermometer) to treat fever.
- If taking any prescription medicines, refill them, or consider using a mail-order for your medications.
- Have enough groceries and household items for approximately 2-4 weeks.  
*Prepare gradually and avoid panic buying.*

#### **Practice social distancing if COVID-19 is spreading in your community:**

- Avoid crowds, especially in confined and poorly ventilated spaces.
- Do your grocery shopping at off-peak hours.
- Avoid using public transport during rush hour.
- Exercise outdoors instead of an indoor setting.

## QUARANTINE

### What is quarantine?

Quarantine refers to the separation and restriction of movement of people who have potentially been exposed to COVID-19, but who are currently healthy and do not show symptoms.

In general, quarantine is mandatory and is mainly at home for a minimum of 14 days.

If you are required or recommended to quarantine at home, please:

#### **Stay at home (don't go to work, school, or public places) and:**

- Self-monitor for appearance of COVID-19 symptoms, including fever of any grade, cough or difficulty breathing. If symptoms develop, call your provider for advice.
- If you become ill with symptoms of cough, fever, and difficulty breathing, use medical face-masks, to protect those around you from getting infected.
- Arrange with your employer to work from home, if possible.
- Clean and disinfect your home, particularly frequently touched surfaces and toiletries.
- Keep in touch with family and friends via telephone, email or social media.
- Keep yourself informed on COVID-19 from trusted sources.
- Keep physically active to ensure good physical and mental condition.