

## 5 Things to Know

### What is COVID-19?

COVID-19 is a disease caused by a new coronavirus, which has not been previously identified in humans. Coronaviruses are a large family of viruses found in both animals and humans.

### What are the symptoms of COVID-19?

In most cases, COVID-19 causes mild symptoms including a runny nose, sore throat, cough and fever. It can be more severe for some people and can lead to pneumonia or breathing difficulties. In some cases, infection can lead to death.

### How does COVID-19 spread?

COVID-19 appears to spread most easily through close contact with an infected person. When someone who has COVID-19 coughs or sneezes, small droplets are released and, if you are too close, you can breathe in the virus.

### Who is most at risk?

We still need to learn more about how COVID-19 affects people. Older people, and people with other medical conditions, such as diabetes and heart disease, appear to be more at risk of developing severe disease.

### What is the treatment for COVID-19?

There is no currently available treatment or vaccine for COVID-19. However, many of the symptoms can be treated.

## 5 Things to Do

### Wash your hands frequently.

Wash your hands with soap and water or, if your hands are not visibly dirty, use an alcohol-based hand rub. This will remove the virus if it is on your hands.

### Cover your mouth and nose with a flexed elbow or tissue when coughing and sneezing.

Throw away the used tissue immediately and wash your hands with soap and water or use an alcohol-based hand rub. This way you protect others from any virus released through coughs and sneezes.

### If possible, keep a distance of 1-metre between yourself and someone who is coughing, sneezing or has a fever.

COVID-19 appears to spread most easily through close contact with an infected person.

### Avoid touching your eyes, nose and mouth

Hands touch many surfaces which can be contaminated with the virus. If you touch your eyes, nose or mouth with your unclean hands, you can transfer the virus from the surface to yourself.

### If you have fever, cough AND difficulty breathing, seek medical care. Phone ahead and inform the health center when you will visit.

Always follow the guidance of your health care professional or national health advisories.



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