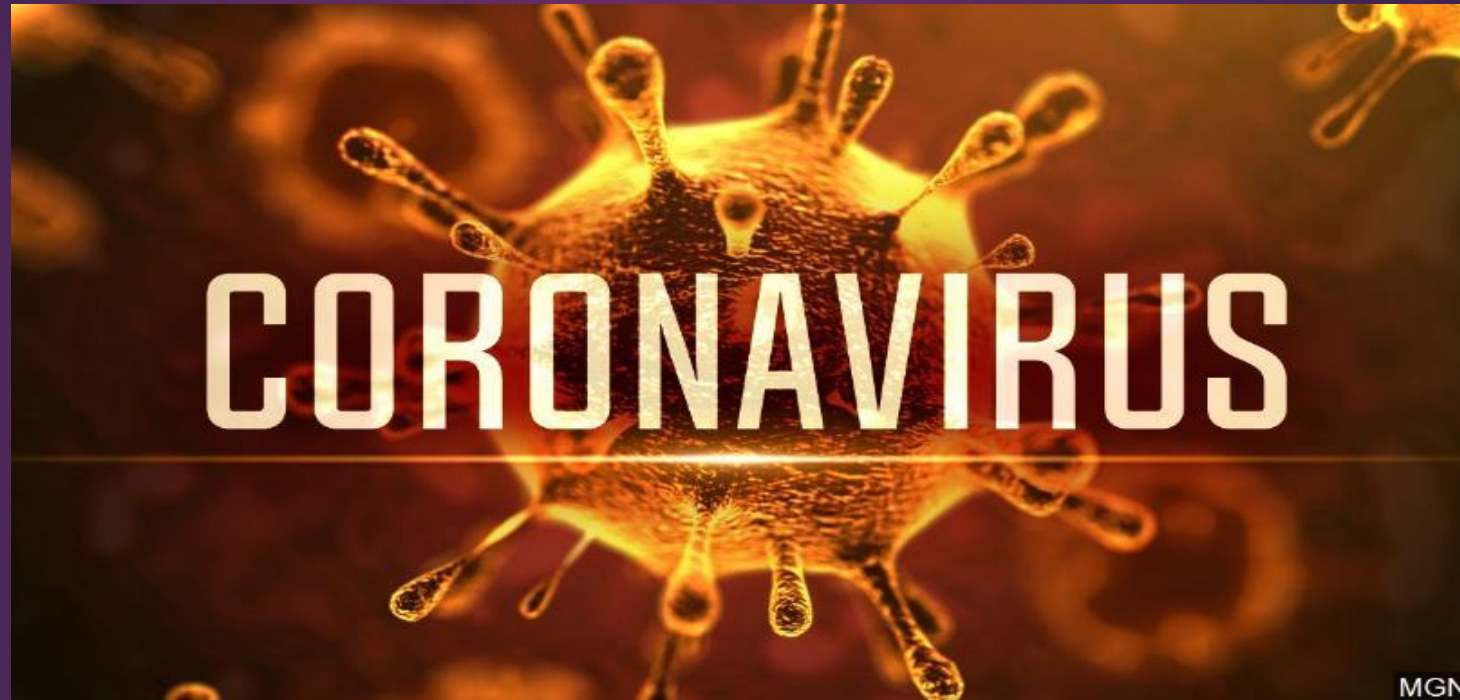




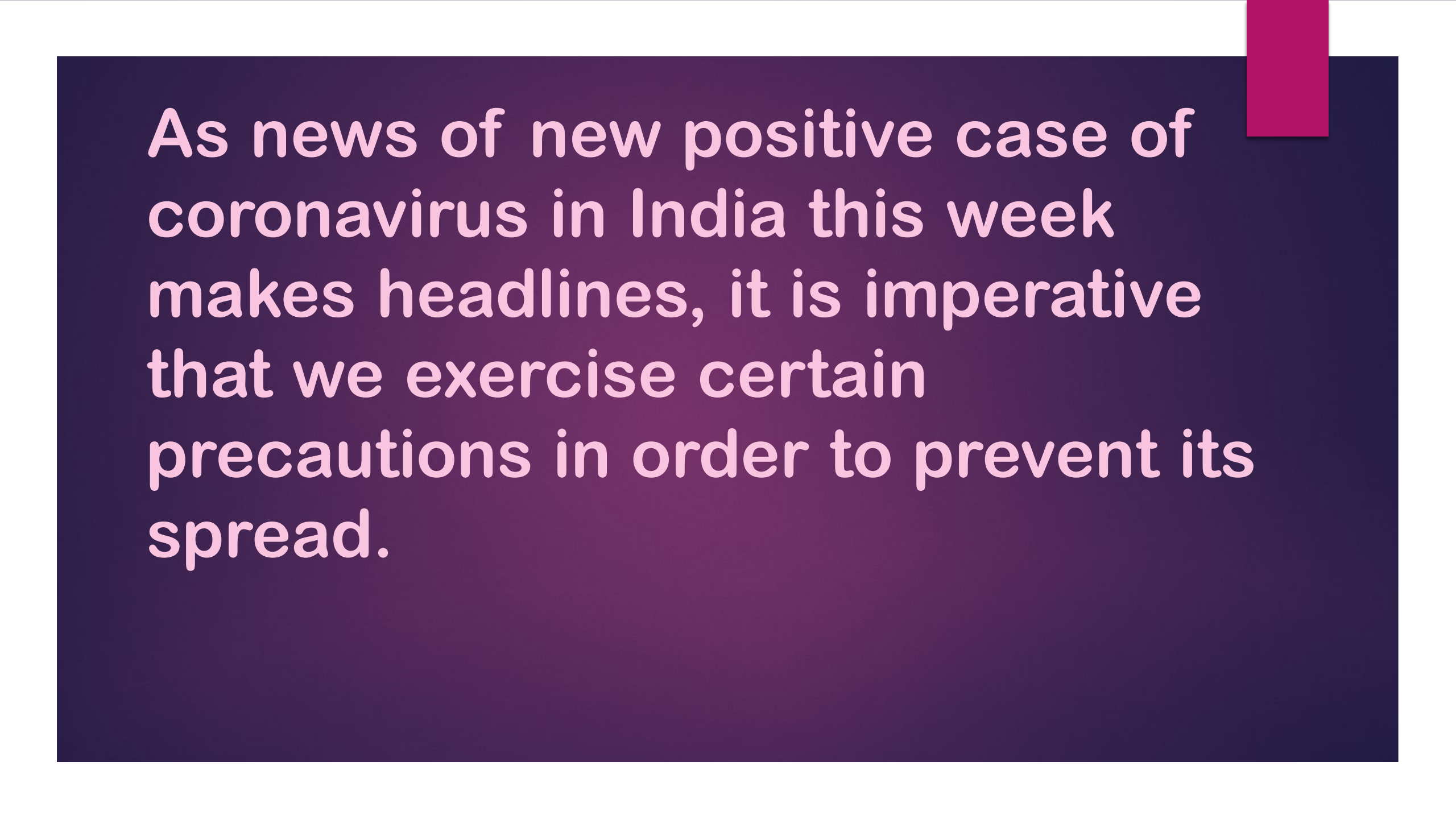
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COVID 19 UPDATE

4 MARCH 2020



As news of new positive case of coronavirus in India this week makes headlines, it is imperative that we exercise certain precautions in order to prevent its spread.

SYMPTOMS OF CORONAVIRUS INFECTION

Headache

Cough

Shortness of breath
breathing difficulties

Muscle pain

Fever & tiredness

Virus seems to start with a **fever**, followed by a **dry cough** and then, after a week, leads to **shortness of breath** and some patients needing hospital treatment

Source: WHO

BBC

General recommendations To Prevent the spread of COVID 19

good personal hygiene

cough etiquette

keep a distance of at least one metre
from persons showing symptoms

**WASH YOUR HANDS FREQUENTLY or
SANITIZE WITH ALCOHOL-BASED SANITIZER**



COVER YOUR COUGH

**DISCARD USED TISSUES
IN THE WASTE BIN**

COVER YOUR COUGH



Cover your mouth and nose with a tissue when you cough or sneeze.

1



Cough or sneeze into your sleeve or elbow, not your hands.

OR



Place your used tissues in the rubbish bin.

2



Wash your hands with soap and water, or sanitise with alcohol based hand gel.

3

**DO
THE
DAB**

Do the dab
Stop the flu!



Properly
covering
your coughs
and sneezes
prevents the
spread of
germs.

PICNet
THE CANADIAN INFECTIOUS DISEASE
SURVEILLANCE AND CONTROL NETWORK
A program of the Public Health Agency of Canada

**AVOID TOUCHING YOUR EYES, NOSE
AND MOUTH WITH UNWASHED HANDS**



**AVOID CLOSE CONTACT
WITH PEOPLE WHO ARE UNWELL.**



AVOID COMING TO WORK IF YOU ARE UNWELL





WEAR A MASK

If you have a cough or cold or if you are around someone who has these symptoms, wear a mask



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Compiled by the Health Centre
Source: WHO - <https://www.who.int/health-topics/coronavirus>
Dated 4 March 2020