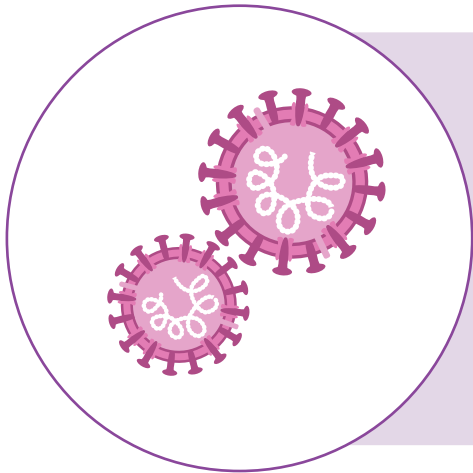


# COVID-19



## What is it?

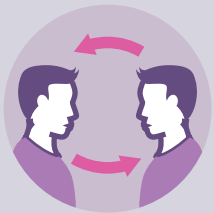
The COVID-19 (Coronavirus Disease 2019) is an infectious disease caused by a new coronavirus.

Coronavirus is a family of viruses known to cause respiratory illnesses in humans, ranging from the common cold to severe infections like pneumonia.

## Transmission



Coming in contact with respiratory droplets (cough, sneeze) of an infected person



Through close contact with an infected person

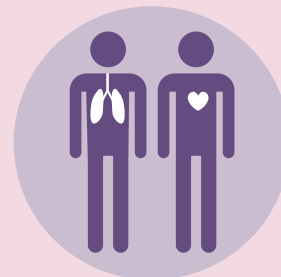


By touching contaminated objects or surfaces and then touching our mouth, nose or eyes

## High Risk Groups



Seniors



People with pre-existing medical conditions (heart/lung disease, cancer or diabetes, etc.)

# COVID-19 SYMPTOMS



Fever



Dry Cough

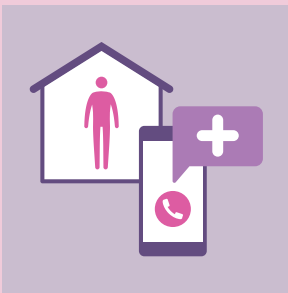


Shortness of Breath

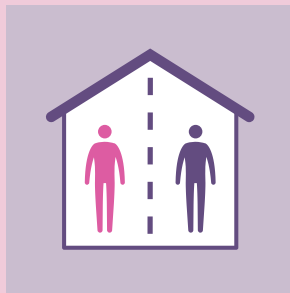


Sore Throat

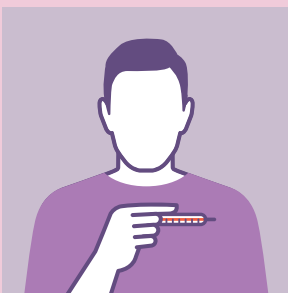
What to do if you are experiencing symptoms, or have been in close contact with a person who has COVID-19?



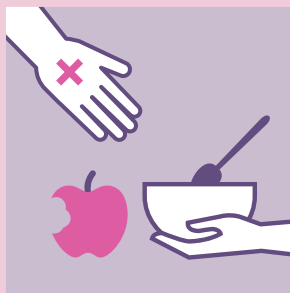
If you feel sick, see a doctor. Otherwise, stay at home



Self-isolate and do not come in contact with others



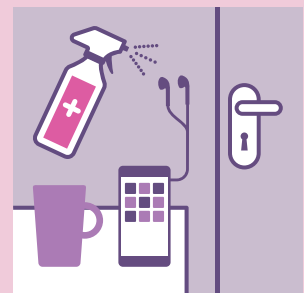
Monitor your health and take your temperature regularly



Do not share eating utensils or food



Frequently wash hands, and put used tissues directly into the bin



Disinfect frequently touched surfaces, household items, and personal objects

## Incubation Period



Onset of symptoms  
**1-14 Days**  
from exposure

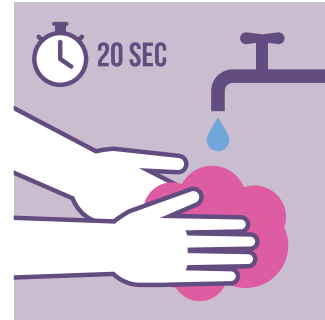


**Warning!**  
You may be infectious even if you do not have any symptoms!

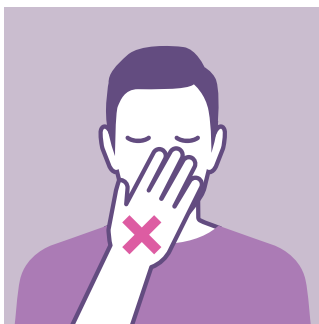
# COVID-19 PREVENTION



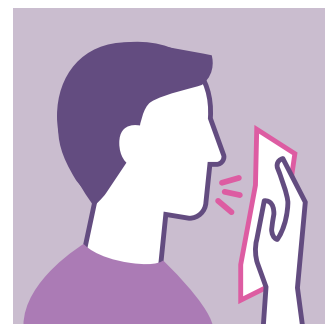
Avoid close contact



Clean your hands often



Avoid touching your eyes, nose, and mouth



Cover coughs and sneezes



Wear a facemask when going out



Avoid crowded places

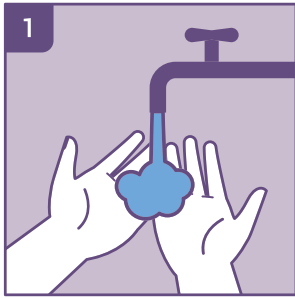


Stay at home as much as possible

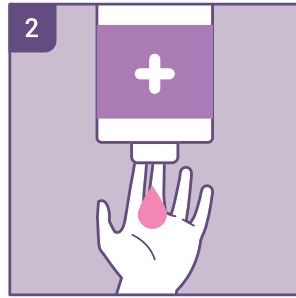


Clean and disinfect

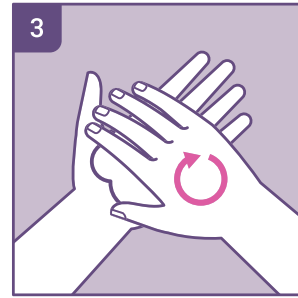
# EFFECTIVE HANDWASHING



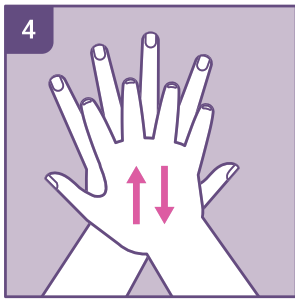
Wet hands with water



Apply soap



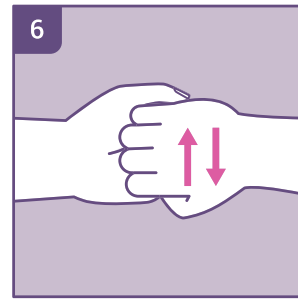
Rub palm to palm



Lather backs of your hands



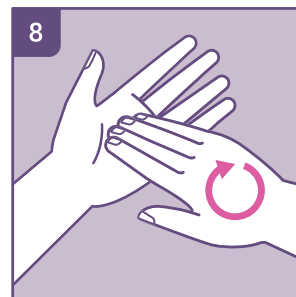
Scrub between your fingers



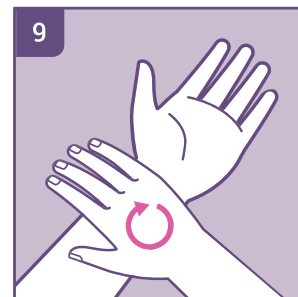
Rub the backs of fingers on opposing palms



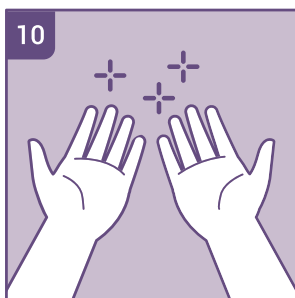
Clean thumbs in rotating motion



Wash fingernails and fingertips



Rub the wrists in rotating motion



Rinse and thoroughly dry hands. **Your hands are now clean!**

