

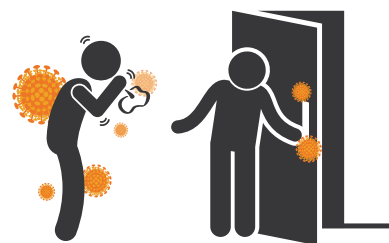
# CORONAVIRUS DISEASE 2019 (COVID-19)

## WHAT YOU NEED TO KNOW

This is a new coronavirus, first identified in Wuhan, China in December 2019.

### TRANSMISSION Investigations are ongoing

- Mainly spread by **sick people** through **droplets** created when they talk, cough and sneeze.
- Touching **contaminated objects** puts the infected droplets onto your hands which can enter your nose / eyes / mouth.



Travellers have spread the virus into other countries. **Screening at entry points** helps detect sick travellers.

### SYMPTOMS Symptoms may appear within 14 days of probable exposure. Monitor your health!

- Fever
- Cough
- Sore throat
- Fatigue
- Shortness of breath
- Sudden loss of sense of smell and taste
- Headache / muscle aches
- Diarrhoea



Most cases are **MILD**, but some are **SEVERE** and can be fatal.



**Seek immediate medical attention** if you think you have been exposed or develop symptoms.

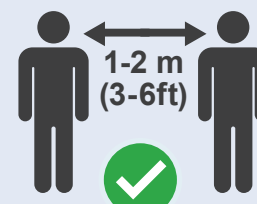


### PREVENTION



**If you have any symptoms even if only mild, stay home and seek medical advice. Follow local guidelines.**

**Get the flu shot** – this will reduce the risk of seasonal flu and possible confusion with COVID-19 symptoms.



#### Maintain good personal hygiene and ensure safe food practices:

- Wash your hands frequently. Use alcohol-based hand sanitiser when soap and water are not readily available.
- Cover your coughs and sneezes.
- Avoid touching your face (eyes, nose and mouth) – especially if you have touched objects handled by many people (such as handrails, door handles).
- Do not share food, drinks and personal items including mobile phones.

#### Avoid potential exposure:

- As much as possible, keep 1-2 metres (3-6ft) distance from other people.
- Clean and disinfect frequently touched surfaces each day, more often if you think they've been contaminated.
- Keep away from people who are sick. Don't let them cough or sneeze on you.
- Avoid activities which expose you to large groups of people.
- Avoid shaking hands, kissing or hugging; instead wave, bow, nod or use any other culturally appropriate gesture to greet visitors; maintaining a distance of at least one metre.
- Avoid visiting hospitals and other medical facilities unless you need medical care.
- Do not travel if you are sick.
- Avoid non-essential travel. Work from home where possible.

**TREATMENT:** There is no specific treatment. Supportive care helps relieve symptoms.

There is **no vaccine** against COVID-19.



**Keep up to date with news and information from the International SOS dedicated website: <https://pandemic.internationalsos.com/2019-ncov>**

This infographic has been developed for educational purposes only and is correct at the time of publication. It is not a substitute for professional medical advice. Should you have any questions or concerns about any topic in the infographic, please consult your medical professional.

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