Coronavirus: FAQ

**What are the Symptoms?**

- Runny nose
- Sore throat
- Headache
- Fever
- Cough
- Feeling of being unwell

**How is it transmitted?**

Human coronaviruses most commonly spread from an infected person to others through:

- The air by coughing and sneezing
- Close personal contact, such as touching or shaking hands
- Touching an object or surface with the virus on it, then touching your mouth, nose, eyes without washing your hands
- Rarely, fecal contamination
**Protect others from getting sick**

**Wash your hands**
- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste

**Reduce your risk of coronavirus infection:**
- Clean hands with soap and water or alcohol-based hand rub
- Cover nose and mouth when coughing and sneezing with tissue or flexed elbow
- Avoid close contact with anyone with cold or flu-like symptoms
- Thoroughly cook meat and eggs
- Avoid unprotected contact with live wild or farm animals

**Protect yourself and others from getting sick**

**Avoid close contact when you are experiencing fever and cold or flu-like symptoms**

**Seek medical care if you have a fever, cough and difficulty breathing**
Protect yourself and your family
Cover your cough and sneeze

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

2. Put your used tissue in the rubbish BIN.

3. If you don’t have a tissue, cough or sneeze into your upper sleeve or elbow, NOT YOUR HANDS.

4. WASH your hands with soap and running water. Dry your hands thoroughly with a disposable paper towel.

Stay germ free and healthy