

Reduce your risk of coronavirus infection

- Clean hands with soap and water or alcohol-based hand rub.
- Cover nose and mouth when coughing or sneezing with tissue or flexed elbow
- Avoid close contact with anyone with cold or flu like symptoms
- Thoroughly cook meat and eggs
- Careful about contact with live wild animals.



How to prevent coronavirus?

Avoid unprotected contact with sick people (including spitting in public, touching one's eyes, nose or mouth)

Wash your hands

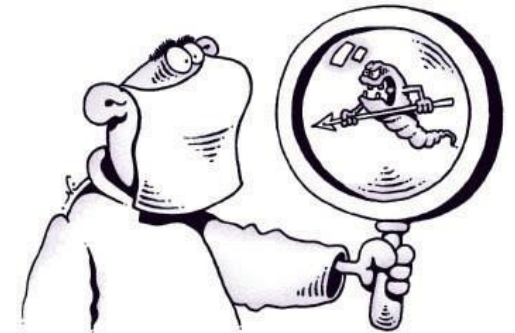
- after coughing or sneezing
- When caring for the sick
- Before, during and after you prepare food
- Before eating
- After toilet use
- When hands are dirty
- After handling animals or animal waste

What steps are you taking to stay healthy?

- Are you avoiding contact with sick people?
- Are you avoiding contact with farm and wild animals?
- Are you washing your hands?
- Do you cover your nose and mouth when you cough?
- Do you thoroughly cook meat and eggs?

Reducing Your Risks:

Preventing Coronavirus Infections



Sources of Information:

Centers for Disease Control and Prevention. 2020. *Coronavirus*. Available from: <https://www.cdc.gov/coronavirus/index.html>

World Health Organization. 2020. *Coronavirus*. Available from: <https://www.who.int/health-topics/coronavirus>

What is Coronavirus?

Coronavirus is a virus.

- Viruses are tiny. They are too small to be seen by eye and can only be seen under special microscopes.
- Viruses cause infections. These infections can be mild or very serious.

How does Coronavirus spread?

- Coronaviruses are common in many animals, including camels, cattle, cats and bats.
- Rarely, infections can spread from animals to humans and then spread between people.

What are symptoms of a Coronavirus infection?

Many people may only have a mild illness, similar to a cold. They may have:

- Fever
- Cough
- Shortness of breath

Others have a more severe illness. They may have:

- Difficulty breathing
- Pneumonia
- Other complications
- Some people may die.



What is the treatment?

- Contact your health care provider right away.
- Health care is supportive and helps you to heal.
- There is no vaccine or specific treatment for Coronavirus.

