

COVID-19 is a disease caused by a coronavirus, which is a small germ spread between people.

COVID-19 Symptoms:

- Dry cough
- Shortness of breath
- Fever
- Weakness & body aches

How Corona Virus Spreads:



Coronavirus enters your body through the mouth, nose, and eyes when an infected person breathes, coughs, or sneezes on you or on surfaces you touch, and you then touch your eyes, nose or mouth.

Most people get sick about

5 Days

after getting infected, but coronavirus can live in the body for about 2-14 days before signs of illness appear.

People can have coronavirus and not know it, and transmit the virus to others. Coronavirus can live on some surfaces and objects for at least 3 days, and possibly longer. It spreads easily through contact.

Who does coronavirus infect?

A N Y O N E

High-risk Groups:



Older Adults



The Elderly



Those with respiratory illnesses

How to Prevent Infection

Currently there is no vaccine or specific medicine for coronavirus. Coronavirus is not killed by antibiotics or home remedies. Coronavirus can only be prevented by avoiding contact with it and cleaning frequently to kill it.

Wash your hands frequently with soap and water or use an alcohol-based hand-rub for 20 seconds.



Clean surfaces (such as countertops, doorknobs, etc.) that may be exposed to people with Coronavirus, using alcohol or bleach disinfectants.

Limit physical contact with other people

If you think there is coronavirus in your area, stay at home.
Avoid people other than those you live with. All of you should avoid contact with others.



Talk on the phone



Talk through windows & doors



Stand two-feet apart

Wear a mask to protect yourself & others

If you are healthy, help others in your community who are ill or most threatened by the virus due to age, disability by arranging ways for them to:



Get food, water & supplies

Clean your hands with an alcohol-based hand rub or soap and water. Cover your mouth and nose with the mask, making sure there are no gaps between your face and the mask.

Do not touch the mask while wearing it, and replace it with a new one if it becomes damp.



To remove the mask, use the elastic straps behind your head to take it off (don't touch the mask itself), discard it immediately in a closed bin, and clean your hands.

Do not reuse masks. When working with sick people, it is best not to use a simple cloth instead of a mask.

