

HOW CAN I PROTECT MYSELF

# AGAINST COVID-19?

## Coronavirus Surface Life UP TO

4 HOURS COPPER

2 TO 8 HOURS CERAMICS

24 HOURS CARDBOARD

2 TO 3 DAYS PLASTIC & STAINLESS STEEL

4 DAYS WOOD

5 DAYS GLASS CERAMICS



SOURCE: WORLD HEALTH ORGANIZATION

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# AGAINST COVID-19?

Wash your hands **frequently**

**Avoid touching** your eyes, nose, and mouth

**Avoid crowded places** and put space between yourself and others

Cough or sneeze into your **bent elbow or a tissue**

If you have fever, cough, or difficulty breathing, **seek care early**. Call beforehand and follow medical advice.



# WHAT IS COVID-19?

Corona viruses (CoV) are a large family of viruses and causes illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV).

## **MOST COMMON SYMPTOMS:**

- Fever
- Tiredness
- Dry cough

Some people become infected but don't develop any symptoms.

Most people (about 80%) recover from the disease without needing special treatment.

## **WHO'S AT RISK:**

- OLDER PEOPLE
- People with underlying medical problems like high blood pressure, heart problems, diabetes, asthma.

## **WHAT TO DO:**

When you experience symptoms, seek medical attention immediately.