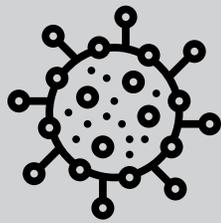
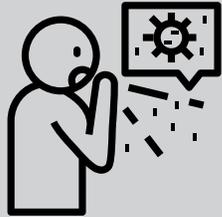


## WHAT IS THE NOVEL CORONAVIRUS?



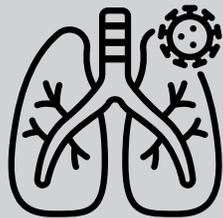
Coronaviruses are a large family of viruses that cause illness ranging from the common cold to more severe disease. COVID-19 is the infectious disease caused by the novel coronavirus (SARSCoV-2).



## HOW DOES THE VIRUS SPREAD?

People can catch COVID-19 from others who have the virus by inhaling small droplets from infected people who cough or sneeze or through touching contaminated surfaces and then touching nose, mouth or eyes.

## WHAT ARE THE SYMPTOMS?



Most people who become infected experience mild illness and recover, but for some it can be more severe. The symptoms include a combination of:

- Fever
- Tiredness
- Dry cough
- Difficulty breathing
- Chills
- Body ache or muscle pain
- Headache
- Sore throat
- Loss of taste or smell

## HOW DO I PROTECT MYSELF WHEN LEAVING THE HOUSE?

### Face coverings

Covering your face and nose can help slow the spread of the virus and limit transmission.

Face coverings can be made out of cloth or plastic.

Face coverings are to protect other people in case you are infected.



Even when using face coverings, continue to keep about 2 meters between yourself and others.

 **The face coverings are not a substitute for social distancing**

### Face coverings should:

- Fit tightly but comfortably against the side of the face,
- Be secured with ties or ear loops,
- Allow for breathing without restriction,
- Be able to be cleaned easily.
- Face coverings should be washed regularly to make sure they are clean.



*\*Face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious or unable to remove the face covering without assistance.\**

### Removing face coverings

You should be careful not to touch eyes, nose, and mouth when removing the face covering and wash your hands immediately after removing.

Emergency Response

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# COVID-19

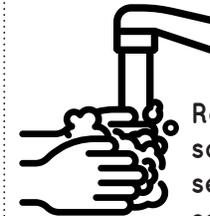
## HOW YOU CAN PROTECT YOURSELF FROM INFECTION

Avoid close contact with sick people, especially people who are coughing or sneezing.



Cough and sneeze in your elbow or in a tissue, not your hand. Dispose of the used tissue immediately in a closed bin and wash your hands with soap and water.

Avoid touching your eyes, nose and mouth without washing your hands first.



Regularly wash your hands with soap and water for at least 20 seconds or use an alcohol-based sanitizer after coughing/sneezing, before eating and preparing food, after toilet use, after touching surfaces in public places.

Practice social distancing: Maintain at least 2 meters distance between yourself and others, especially anyone who is coughing or sneezing.

