

# How to Reduce Your Risk of Coronavirus Infection

## What is COVID-19?

The new coronavirus, now known as COVID-19, was first encountered in Wuhan, China, in December 2019, and has gone on to affect tens of thousands of people in many countries around the globe, causing thousands of deaths.

## Things to know

### Symptoms to look out for



Fever



Coughing



Sore Throat



Breathing Difficulty

Seek medical care promptly and isolate yourself if you experience any of these symptoms. Remember to also cover your nose and mouth when coughing or sneezing using a tissue or your flexed elbow.

### How does COVID-19 spread

COVID-19 appears to spread most easily through close contact with an infected person. When someone who has COVID-19 coughs or sneezes, small droplets are released and, if you are too close, you can breathe in the virus. You can also get the virus by touching your face or other mucous membranes in your body with contaminated hands. Your hands can become contaminated by touching a sick person or any surface that has been contaminated by droplets from a sick person. Sanitation: The virus remains alive in body tissues, therefore ensure that you practice environmental hygiene at all times, including the proper disposal of human waste.

### Who is at risk

Everyone is at risk. People with low immunity like older people with other medical conditions, such as diabetes and heart disease, appear to be more at risk of becoming seriously ill or dying from the virus.

## Things to do to protect yourself and others

### Washing your hands



Wash your hands with soap and running water as much as possible from the wrist for at least 20 seconds paying attention to the finger tips, under the nails, between the fingers, palm and thumb. Remember to wash your hands before and after using the toilet. You can also use alcohol-based hand rub if there is no soap and water, by using the same steps and allowing the hands to air dry.

### Important to remember

A person can be a carrier of coronavirus without symptoms. Remain vigilant, take precautions at all times and avoid unnecessarily participating in large gatherings to minimise physical contact.