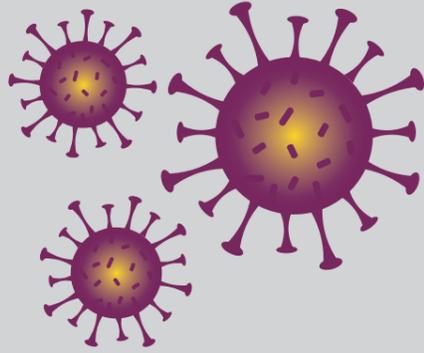


# CORONAVIRUS DISEASE 2019

## information for communities

### WHAT IS IT?

Coronavirus disease or COVID-19 is an infectious disease caused by a new virus called SARS-CoV-2.



### SIGNS AND SYMPTOMS

The virus causes a sickness like flu with symptoms such as:

- Fever
- Tiredness
- Dry cough



Some people may also have aches and pains, blocked or runny nose, a sore throat or diarrhoea.

Symptoms are usually mild and start slowly. Some people become infected but don't develop any symptoms and don't feel sick.

### HOW IT SPREADS

COVID-19 spreads easily from person to person through:

- Droplets in the air from coughing or sneezing
- Close contact such as touching or shaking hands
- Touching an object or surface with the virus on it and then touching your mouth, nose or eyes.



### WHO IS MOST AT RISK?

Most people (about 80%) recover from COVID-19 without needing special treatment. Around 1 out of every 6 people becomes seriously ill and has difficulty breathing.

Those more at risk of getting COVID-19 and/or getting seriously ill are:

- Older people
- Healthcare workers
- People with existing health problems like diabetes, high blood pressure, heart disease, cancer, HIV or TB.



If you think you might have COVID-19 contact the 24hr Hotline  
**0800 029 999**



**NACOSA**

### PREVENT COVID-19

Even if you are not most at risk, we must all play our part in slowing the spread of the virus.



**WASH YOUR HANDS**  
often with soap and water for at least 20 seconds.



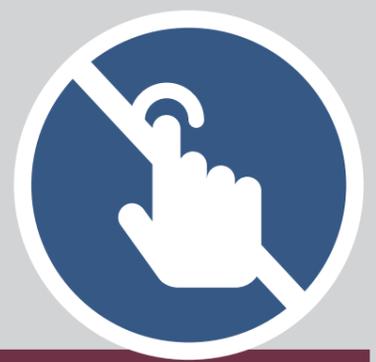
**COVER YOUR COUGH**  
or sneeze with a tissue or the inside of your elbow.



**STAY AT HOME**  
if you are sick. Call the hotline if you need medical care.



**AVOID CROWDS**  
Stay at least 1 metre away from other people.



**DON'T TOUCH**  
your nose, mouth or eyes with unwashed hands.