CORONAVIRUS DISEASE - 2019

What is Coronavirus Disease - 2019 (COVID-19)?
COVID-19 is a new strain of Coronavirus that causes respiratory illness. The first case was identified in China.

How is it spread?
- Contact with an infected person with COVID-19 virus through coughing or sneezing
- Contact with contaminated surfaces or articles with the COVID-19 virus

How can I protect myself and others?
- Regularly wash hands with soap and water, or use an alcohol based hand sanitizer
- Avoid close contact with people who have flu-like symptoms
- Cover your nose and mouth with tissue or cough and sneeze into your flexed elbow
- Avoid handshaking, hugging and kissing with people who have flu-like symptoms
- Stay home and avoid travelling when you have flu-like symptoms

Signs and symptoms
- Fever
- Cough
- Shortness of breath
- Body ache
- Headache

Protect yourself, family and community from COVID-19
Anyone arriving from a country or area reporting COVID-19 is advised to isolate themselves for 14 days.

For further information contact:
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