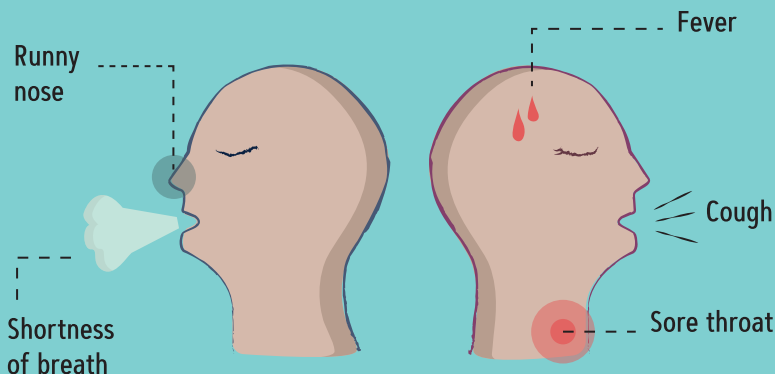




SYMPTOMS OF THE CORONAVIRUS DISEASE (COVID-19)

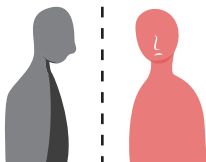


IF YOU HAVE DEVELOPED THESE SYMPTOMS

and have travelled in the last 14 days to a country with widespread or ongoing community spread of COVID-19 or have been in close contact with a confirmed or suspected case of COVID-19



Stay home



Avoid close contact
with other people



Call your personal doctor
or

Call the Ambulance Service
Call Centre at **1420**

STEPS TO PROTECT YOURSELF AND THOSE AROUND YOU FROM THE CORONAVIRUS DISEASE (COVID-19)

#1

Wash your hands often with soap and water and dry them with single use paper towels.



#3

If soap and water are not available, use an alcohol-based hand sanitizer.



#2

Cover your mouth and nose with a tissue if you cough or sneeze or use the inside of your elbow.



#4

Throw used tissues in the trash bin and immediately wash your hands.



#5

Avoid close contact, if possible, with people with respiratory infection symptoms.

#6

Avoid touching your eyes, nose and mouth with unwashed hands.



#7

Avoid crowded or confined spaces and maintain adequate and frequent ventilation of houses, workplaces etc.

#8

Clean and disinfect frequently touched surfaces (handles, doorknobs, faucets) regularly, using common household disinfectants.

#9

Wear a facemask only if you present respiratory infection symptoms (coughing or sneezing) or if you are caring for someone who is sick.

