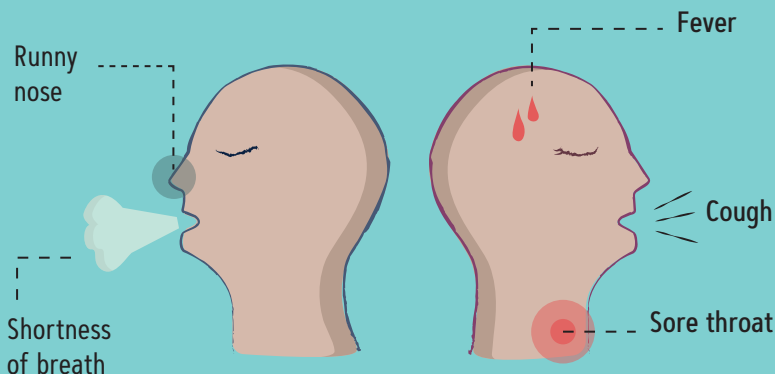




## SYMPTOMS OF THE CORONAVIRUS DISEASE (COVID-19)

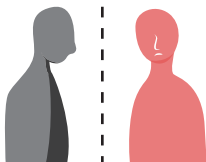


### IF YOU HAVE DEVELOPED THESE SYMPTOMS

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.

