

SYMPTOMS INCLUDE:



Fever



Cough



Sore throat



Shortness
of breath



Fatigue



PROTECT YOURSELF -

Maintain good personal hygiene by washing your hands frequently with soap and water

- **Before putting on** and **before and after taking off** masks
- Before and after **attending to sick people**
- Before, during and after **you prepare food**
- Before and after **eating**
- **After toilet use** or changing diapers
- Before and after participating in **clean-up activities**
- After touching your **nose or mouth**
- After handling **animals or animal waste**
- After handling **garbage**

Use alcohol-based hand sanitisers if soap and water are not readily available.

Stay informed and follow advice given by your healthcare provider.

For up to date information, you can visit our website:

<https://pandemic.internationalsos.com/2019-ncov>

CORONA- VIRUS DISEASE (COVID-19)



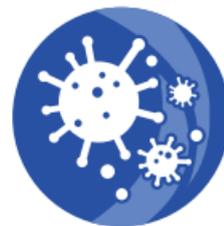
DISCLAIMER:

This pocket guide has been developed for educational purposes only. It is not a substitute for professional medical advice. Should you have questions or concerns about any topic described here, please consult your medical professional.

BASIC PROTECTIVE MEASURES AGAINST COVID-19

- **WEAR A FACE MASK** when in public, especially when social distance cannot be maintained.
- Where possible, **KEEP 1-2 METRES (3-6 FEET)** away from others. Avoid crowded places.
- Anyone who has any symptoms, even if only mild, should stay home. **SEEK MEDICAL ADVICE** following local procedure.
- **PAY STRICT ATTENTION TO HYGIENE.** Wash your hands frequently or use hand sanitiser.
- **AVOID** touching your face.
- Cough and sneeze **INTO YOUR ELBOW**, not your hands.
- **DO NOT** shake hands, hug or kiss
- **DO NOT** share food, drinks and personal items.

USE OF FACE MASKS ALONG WITH SOCIAL DISTANCING AND HYGIENE MEASURES HELP REDUCE THE SPREAD OF COVID-19.



MORE ON USE OF A MASK

Wear a mask

- When in face-to-face contact with others.
- When social distancing cannot be achieved.
- If you are in the high-risk groups.
- When indoors, even if social distancing is adhered to.

Wear a a medical mask

- If you are sick, even if symptoms are mild.
- If you have tested positive for COVID-19 or are waiting for test results.
- When caring for a sick person.
- If you are at a higher risk for severe COVID-19



COVID-19 vaccination has begun in several locations. Be aware of local guidance.



HOW TO USE A MASK

- 1 Before putting on a mask, clean your hands with soap and water, or alcohol-based hand sanitisers.
- 2 Cover mouth and nose with the mask and make sure there are no gaps between your face and the mask.
- 3 Avoid touching the mask while using it; if you do so, clean your hands with soap and water, or alcohol-based hand sanitisers.
- 4 When you remove the mask: remove it from behind. Do not touch the mask on the front.
 - if disposable - drop it into the waste container
 - if reusable - the mask should be washed / cleaned before re-use
 - if the mask cannot be washed but you need to store it to wear again - place it in a "breathable" container (e.g paper bag)
- 5 Clean hands with soap and water, or alcohol-based sanitiser.