What should I do if I suspect that I am infected with coronavirus?

If you are feeling some of these symptoms and suspect that you have been infected with coronavirus
You must:

- Isolate yourself as to stop the spread of coronavirus in your household

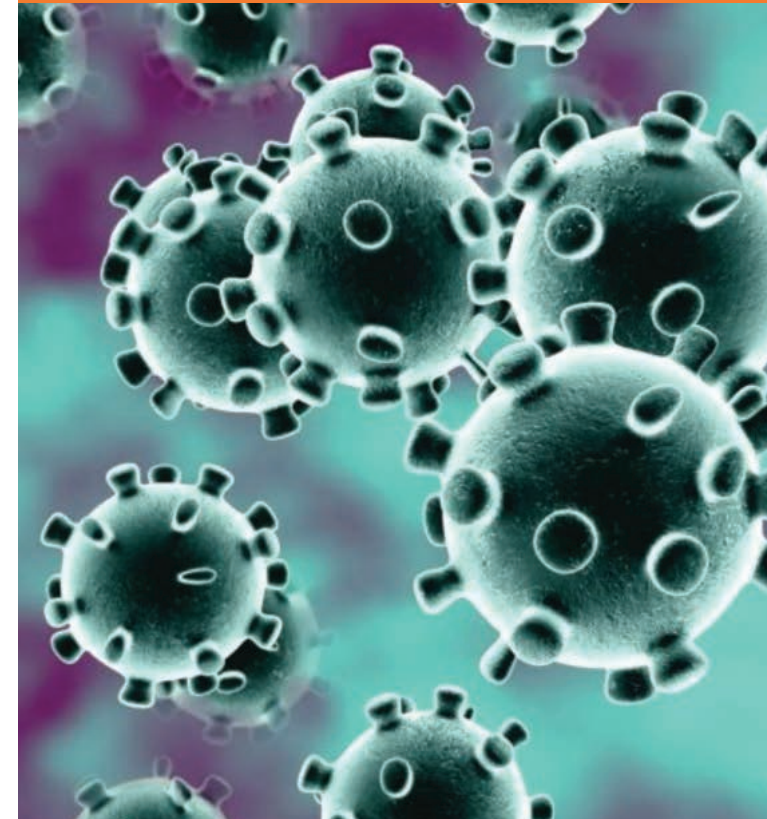- Seek medical advice. Call the Public health emergency surveillance unit on **23650** OR **7522202**.

MINISTRY OF HEALTH & MEDICAL SERVICES

PROTECT YOURSELF, PROTECT OTHERS FROM CORONAVIRUS

MINISTRY OF HEALTH & MEDICAL SERVICES

Call the Public health emergency surveillance unit on
23650 OR **7522202**
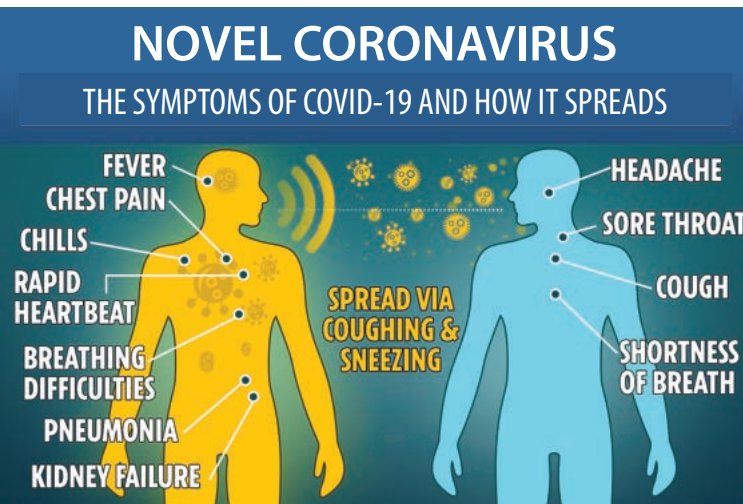and explain your recent travel history.

CORONAVIRUS

FACT SHEET

What is Coronavirus?

Coronavirus (COVID-19) is a large family of viruses that are known to cause illness ranging from the common cold to the more severe diseases.

COVID-19 is a new strain of coronavirus that is affecting humans.

Since the first cases were identified the virus has spread to many other countries in the world. Here is some advice to help protect yourself and others from COVID-19.

NOVEL CORONAVIRUS
THE SYMPTOMS OF COVID-19 AND HOW IT SPREADS

FEVER
CHEST PAIN
CHILLS
RAPID HEARTBEAT
BREATHING DIFFICULTIES
PNEUMONIA
KIDNEY FAILURE

SPREAD VIA COUGHING & SNEEZING

HEADACHE
SORE THROAT
COUGH
SHORTNESS OF BREATH

How is coronavirus transmitted?

- Close contact with someone who is sick
- Fluid droplets from sneezing, coughing
- Exposure to surfaces and or items that have been sneezed or coughed upon by infected individuals

How do I protect myself from catching coronavirus?

- Wash hands often with soap or hand sanitizer

- Avoid contact with people who may have the virus

- Avoid crowded places and unnecessary public outings

How to avoid spreading the virus

1. Cover your mouth and nose when you cough and sneeze

2. Wash your hands often with water and soap or hand sanitizer

3. If you are sick, keep your distance from others - at least 1 metre away

What are the symptoms of coronavirus?

Symptoms of coronavirus may include:

- Fever
- Coughing
- Sneezing
- Shortness of breath