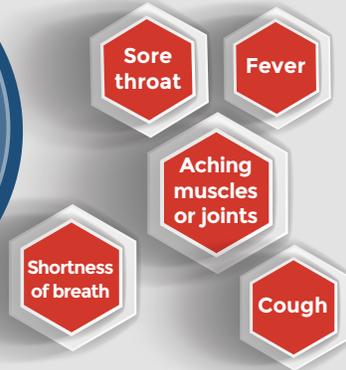


AWARENESS & PERSONAL RESPONSE

SYMPTOMS & HEALTH OUTCOMES



Most cases (around 80%) are mild, and people will recover fully, with no long term effects.

Some cases are more severe, and people may need specialist, intensive medical help.

A small proportion (is currently less than 4%) of cases are fatal, and this is very significantly more likely to be the case for those who are older than 70 years, and / or have underlying health conditions such as heart disease, diabetes, high blood pressure or a pre-existing respiratory condition.

Most people will show symptoms of the disease after around 5 days, but they may take 14 days to appear.

HOW IS IT SPREAD



Most cases of transmission are from one person to another. As with colds and flu, when a person coughs or sneezes, droplets containing the virus are expelled into the air. If you are close to someone who has had the disease (defined as within 6 feet / 2 meters and for at least 15 minutes), you are at risk of becoming infected.

Some cases of transmission also occur when droplets fall on a surface which is then touched by a person. If that person then touches their face, the infection can enter the body through your mouth, nose and eyes. It is thought the virus could remain 'active' on surfaces for up to 3 days, but this will vary depending on temperature and the type of surface, exposure to sunlight and other factors.

PREVENTION

Maintain good personal hygiene and avoid situations where exposure risk is heightened

- Frequently wash your hands, scrubbing vigorously all over for at least 20 seconds. Use soap and hot water if available. If not, use hand sanitizer.
- Avoid touching your face.
- Do not shake hands.
- Keep your distance from those known / suspected to have the disease or those who are showing symptoms.
- Do not touch surfaces that may be contaminated with droplets.

RESPONSE

Remain as calm as possible and take immediate, decisive actions to get help and advice, and limit risk to others

- Cover your face and nose if you cough or sneeze. Cough or sneeze into your elbow crease, hand or, ideally, a tissue. Dispose of tissues in a bin; wash your hands as soon as possible.
- Do not travel if you are sick.
- Self-isolate at home or in another non-public environment.
- Contact your health provider by telephone. Follow their advice.

VACCINATION & TREATMENT

You are encouraged to get vaccinated.

The global and more local situation changes from day to day. Help make informed choices about your travel, work and personal health by staying informed, using credible, trusted sources: World Health Organization Daily Situation Reports, U.S. Center for Disease Control and Prevention Travel pages.