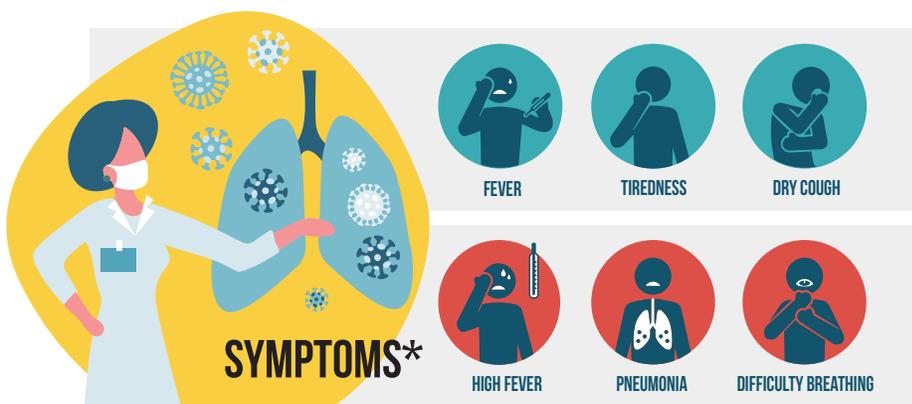


COVID-19

BE AWARE.

COVID-19 is a new respiratory illness that was first discovered in Wuhan, China. It is transmitted from person to person.



COMMON SYMPTOMS

SEVERE CASES

*Symptoms may appear 2 to 14 days following exposure to the virus



Who is most at risk of becoming seriously ill?

- People over age 60
- People with pre-existing conditions such as diabetes and heart disease



How is it transmitted?

- Through close contact with an infected person
- By an infected person coughing or sneezing
- By touching contaminated objects or surfaces and then touching your mouth, nose or eyes



Currently there is no vaccine or specific treatment. We can only treat the symptoms. Serious cases may require oxygen and ventilatory support.

PREPARE.



Make sure you get your information from a reliable source.

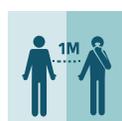


Wash your hands regularly with soap and water or use an alcohol-based gel.



Cover your mouth with the inside of your elbow when you cough or sneeze or use a tissue and dispose of used tissue immediately and wash your hands.

ACT.



Avoid close contact with people who have flu-like symptoms.



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



Avoid sharing cups, plates or other personal items and disinfect all surfaces that are touched frequently.



When traveling clean hands frequently, cough or sneeze into a bent elbow or tissue, and try to maintain a physical distance of at least one metre from others. You should also follow the travel policies in the airport and of the airline for the flight.

Note: Information may change when more is known about the disease. September 2020