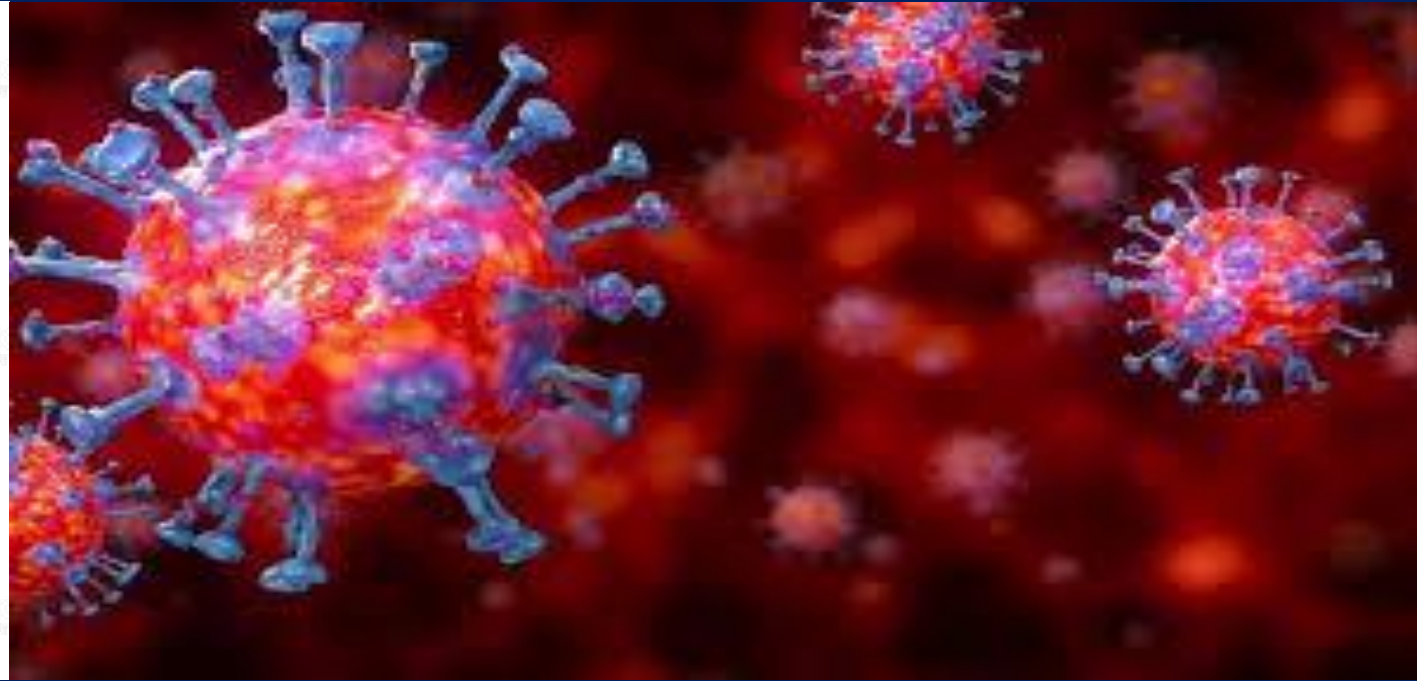




**LET'S  
FIGHT IT  
TOGETHER!**



# **CORONA VIRUS AND PREVENTION**

**“If we have never failed, we have never been tested, and then we haven't seen our best yet. A setback is only an opportunity for us to come back stronger.”**

# COVID - 19

- **Coronavirus disease (COVID-19) is infectious and spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes,**
- **It can trigger a respiratory tract infection. It can affect your upper respiratory tract ( sinus, nose, and throat) or lower respiratory tract (windpipe and lungs).**



# FIVE SYMPTOMS OF COVID-19

FEVER



DRY COUGH



SHORTNESS  
OF BREATH



SORE THROAT



HEADACHE



# COVID – 19 SYMPTOMS

COVID-19 affects different people in different ways. Most infected people will develop mild to moderate illness and recover without hospitalization.

## **Most Common Symptoms:**

- Fever / dry cough / tiredness.

## **Less Common Symptoms:**

- Aches and pains / sore throat / diarrhea / headache / loss of taste or smell / a rash on skin, or discoloration of fingers or toes.

## **Serious Symptoms:**

- Difficulty breathing or shortness of breath / chest pain or pressure / loss of speech or movement.



**How it spreads**



# HOW IT SPREADS

- **The virus spreads mainly from person to person who are in close contact with one another (within about 6 feet).**
- **Through respiratory droplets produced when an infected person coughs, sneezes or talks. The droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.**
- **COVID-19 may be spread by people who are not showing any symptoms.**
- **From touching a surface or object the virus is on, then touching your mouth, nose or eyes.**

**Stop The Virus**





# CORONA VIRUS PREVENTION

- **Wash your hands often with soap and water**
- **Clean hands with an alcohol-based sanitizer.**
- **Practice Social Distancing.**

If you do have to go out, stay at least 6 feet away from others.

- **Cover your nose and mouth and chin with a mask in public.**

Wear a cloth face covering to protect yourself and others.

- **Don't touch your face before you wash your hands with soap and water.**

Coronaviruses can live on surfaces you touch for several hours. If they get on your hands and you touch your eyes, nose, or mouth, they can get into your body.





*#Use*

*Hand*

*Sanitizer*



# Coronavirus: How to stay safe



Wash your  
hands  
regularly



Sneeze/  
cough into  
a tissue



Bin it!  
Throw your  
tissues away  
immediately



Sneeze/  
cough inside  
your elbow





# CORONA VIRUS PREVENTION

- **Always cover your mouth and nose** with a tissue when you cough or sneeze and throw it in the trash or use the inside of your elbow and do not spit.
- **Clean and disinfect.** Clean with soap and water, disinfect surfaces you touch often like tables, doorknobs, light switches, toilets, faucets, and sinks. Wear gloves when you clean and throw them away when you're done.
- **Monitor Your Health Daily**
- **Be alert for symptoms.** Watch for fever, cough, shortness of breath, or other symptoms **of COVID-19.**

\*V\_R\_S\*

Only "I" and "U"  
Can Break the Chain

[stay together]  
**A P A R T**