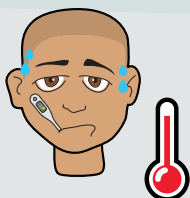


Most people have mild cold/flu like symptoms

What are the symptoms?



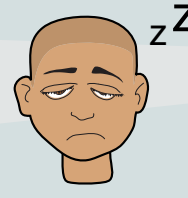
Fever (sweats)



Cough or shortness of breath



Sore throat



Tiredness

What treatment is needed?



Medication
(Paracetamol)



Drink fluids
(water)



Rest
(sleep)

Coronavirus can spread through close contact and droplets



Touching
people or
surfaces



Door
handles



Phones



Coughs
and sneezes

How can I reduce the spread of Coronavirus?

How to stay well



Stay home
(rest)



IF YOU
ARE
UNWELL
VISIT CLINIC

Wash hands with soap



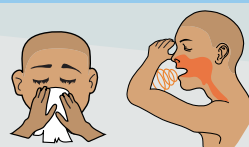
before food



after coughing
or sneezing



Cover coughs and sneezes



use tissue



upper sleeve
or elbow

Wash hands
with soap



Bin used tissues



Wash hands
with soap



Keep away



at least 1m from
people, more if sick

NO SMOKING



do not smoke
do not share smokes

Take medications



Get the INFLUENZA vaccine



SEE YOUR DOCTOR
IF YOU ARE UNWELL

Visit your doctor or clinic if you have difficulty breathing, eating or drinking.

Especially if you have chronic heart, lung, kidney or diabetes or weak immune system