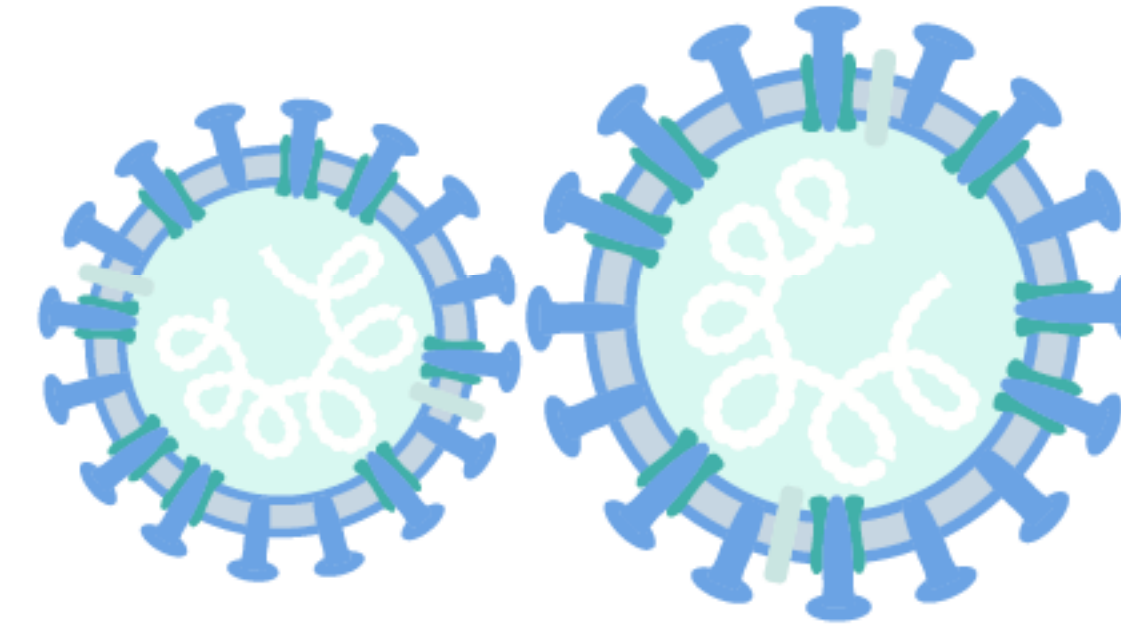


# CORONAVIRUS



## Safety Tips & Practices

### What are the symptoms of coronavirus (COVID-19)?



Congestion



Sore Throat



Diarrhea



Aches & Pains



Dry Cough



Fever

These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell. People with fever, cough, and difficulty breathing should seek medical attention.

### What should I do if I think I have COVID-19?



Cover mouth & nose



Wash hands frequently

**80%**

recover  
without  
needing  
special  
treatment



Avoid sharing utensils



Stay at home

**1 in 6**

become  
seriously ill  
and develop  
breathing  
difficulties

Older people, and those with underlying medical problems like high blood pressure, heart problems, or diabetes are more likely to develop serious illness.

### How can I protect myself from COVID-19?



Avoid non-essential travel



Wash hands frequently



Have basic medical supplies



Maintain at least 3ft of distance



Disinfect hard surfaces



3-month supply of prescriptions