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30th Anniversary
Innovative Assistance Solutions

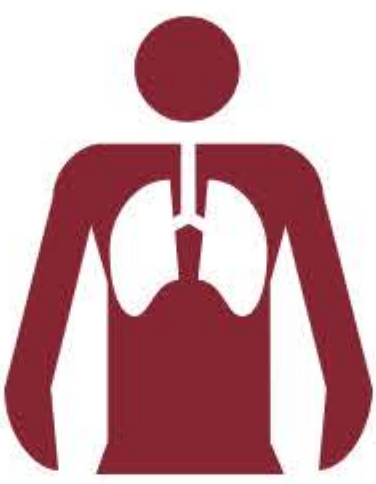
CORONAVIRUS (COVID-19): SYMPTOMS & PREVENTION

TRANSMISSION

COVID-19 spreads via respiratory droplets produced when an infected person coughs or sneezes. Majority of COVID-19 cases have occurred in people with close physical contact to cases and healthcare workers.

SYMPTOMS

- ✓ **Fever**
- ✓ **Cough**
- ✓ **Difficulty Breathing**
- ✓ **Muscle Pain**
- ✓ **Chills**
- ✓ **Headache**
- ✓ **Sore throat**
- ✓ **Repeated Shaking with Chills**
- ✓ **Loss of taste or smell**



COVID-19

OUTBREAK

Last updated: August 6, 2020

18,923,922
Cases

710,564
Deaths

11,436,080
Recovered

People of all ages can get the **virus and show no symptoms or be in a critical condition**.

Adults with disabilities are 3 times more likely to have: **Heart disease, stroke, diabetes, or cancer.**

PREVENTION

There are no vaccines to prevent COVID-19 and strict hygiene practices should be followed. Older adults and people with underlying chronic medical conditions are more likely to develop serious complications.

3.4%

3.4% Mortality Rate estimated by the WHO as of March 3.

2-14 Days
Incubation Period

Travelers returning from a high risk country will be asked to self-quarantine.

Stay Home

People who are mildly ill or experiencing symptoms should stay at home, except for getting medical care.

Face Masks

Wear a face mask when surrounded by other people if you are feeling unwell to stop the spread of illness.

Hand Washing

Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing.

Avoid Sharing

Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets.

Avoid Touching

Avoid touching your eyes, nose, and mouth with unwashed hands. Do not shake hands or hug people.

Clean Surfaces

Practice routine cleaning of high touch surfaces including: counters, doorknobs, phones, and tables.

Hand Sanitizer

Use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together till dry.

Monitor Symptoms

Seek prompt medical attention if symptoms worsen and call your healthcare provider about any COVID-19 concerns.