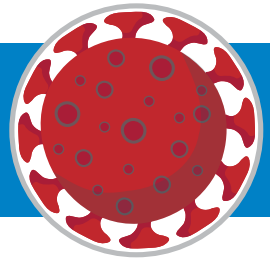


# CORONAVIRUS – WHAT YOU NEED TO KNOW



A respiratory virus, similar to the flu, that started in China and has continued to spread around the globe.

## SYMPTOMS can appear 2-14 days after being exposed

- Fever
- Cough
- Shortness of breath
- Runny nose
- Breathing difficulties



## HOW IT CAN SPREAD:

- The air by coughing and sneezing
- Close personal contact, such as touching or shaking hands
- Touching an object or surface with the virus on it, then touching your mouth, nose or eyes before washing your hands



## DID YOU KNOW?

Viruses can survive on surfaces for long periods of time, often days or weeks. Cleaning and disinfecting objects and surfaces is key to prevention!

### IF YOU ARE SICK...

stay home and seek medical attention



### AVOID CLOSE CONTACT...

with anyone sick with cold or flu-like symptoms



### AVOID TOUCHING...

your face, like your eyes, nose and mouth with unwashed hands



## IF WEARING A MASK...

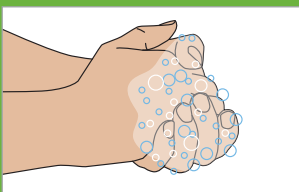
Wash hands after touching the mask, before putting mask on and taking it off. Replace and discard masks with a new, clean dry mask as soon as it becomes damp or soiled



## What YOU can do to prevent Coronavirus?

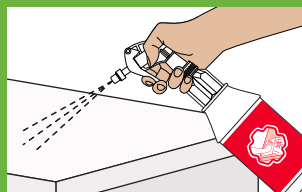
### WASH HANDS OFTEN...

with soap and water for 30 seconds or use an alcohol-based hand sanitizer if soap and water are not available



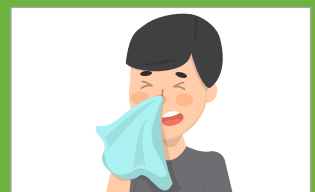
### CLEAN AND DISINFECT...

objects and surfaces that are touched frequently, like touch screens and door knobs



### COVER YOUR MOUTH AND NOSE...

with a tissue when you cough or sneeze, then throw the tissue in the trash and wash your hands



For further information and/or questions, please refer to the local health authority or ask your manager.