

Accessible document

What is COVID-19 | Precautions You Can Take

- Wash hands frequently and avoid shaking hands
- The COVID-19 (Coronavirus Disease 2019) is a new coronavirus strain, which has caused cases of severe pneumonia.
- Coronavirus is a family of viruses known to cause a range of flu-like illness.
- Cases of coronavirus have been reported around the world.
- Typical Symptoms include fever, dry cough, fatigue and shortness of breath

Monitor Your Health Closely

- All travelers to monitor your health closely for 14 days upon returning from known COVID-19 areas
- If you have fever, cough or runny nose, wear a mask and seek medical attention promptly, following local guidelines
- Be ready to tell health authorities of your symptoms and travel history

Take Precautions

- Avoid crowded places and being around people who are unwell
- Observe good personal hygiene at all times
- Wash hands frequently with soap and water for 20 seconds
- Wear a mask if you have a cough or are sneezing
- Cover your mouth with a tissue when coughing or sneezing
- Seek help from health authorities if you are unwell

