

# Coronavirus (COVID-19)

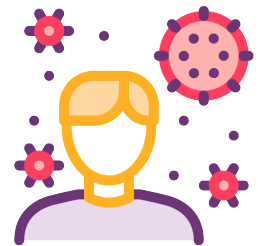
## Fact Sheet

### What is coronavirus?

The novel (new) coronavirus (designated COVID-19) was first detected in Wuhan, China. It is a outbreak of respiratory illness that causes flu or cold like symptoms.

### Symptoms include:

- Coughing
- Sore Throat
- Sneezing
- Difficulty Breathing
- Fever
- Runny Nose
- Headache
- Pneumonia



### How does it spread?

Coronavirus is spread from close contact with someone with the virus via contaminated droplets spread by coughing or sneezing, or by contact with contaminated hands, surfaces or objects.

### What can I do?

If you are displaying symptoms or have been in close contact with someone who has COVID-19 you should stay at home and call your local GP.

Make sure to always practice good hand and respiratory hygiene:

- Use a tissue to cover your mouth and nose when coughing and sneezing or cough into your elbow
- Wash your hands regularly, following the below steps

1. Wet hands



2. Turn off the tap



3. Apply soap



4. Lather & scrub for 20 seconds



5. Rinse hands



6. Dry hands

