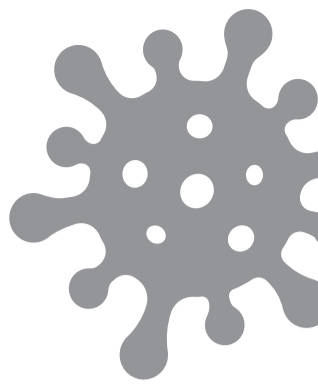


CORONAVIRUS

WHAT YOU NEED TO KNOW



HOW IT SPREADS

Human Coronaviruses most commonly spread from an infected person to others through:



Coughing and sneezing



Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands



Rarely, fecal contamination



Close personal contact, such as touching or shaking hands



SYMPTOMS

- ✓ Cough
- ✓ Short of breath
- ✓ Fever
- ✓ Sore throat
- ✓ Headache
- ✓ Runny nose



TAKE CARE

For those with a weakened immune system, older people, and people with pre-existing medical conditions (such as diabetes and heart disease) are more at risk of developing a severe disease, e.g. pneumonia or bronchitis.

RISK REDUCTION

There are currently no vaccines available to protect you against coronavirus infection.

TRANSMISSION IS REDUCED THROUGH:

- Avoiding close contact with people suffering from acute respiratory infections
- Frequent handwashing, especially after direct contact with ill people or their environment
- Avoiding unprotected contact with farm or wild animals
- People with symptoms of acute respiratory infection should practice cough etiquette, e.g. cough into elbow, sneeze in tissue and throw tissue in bin.

If you are mildly sick, keep yourself hydrated and monitor your symptoms closely. If your symptoms deteriorate, see your healthcare provider OR request/inform your Compliance Officer. Be sure to keep your manager/supervisor informed at all times.

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TSEBO