

Avoid Potential Exposure:

- *Do not visit wet markets or farms.
- *Avoid contact with stray animals:
(live or dead) and their environment.
- *Do not touch surfaces that may be contaminated with droppings.
- *Avoid direct contact with animals:
cats, dogs, rodents, birds and bats.
- *Keep some distance from people who are obviously sick. Don't let them cough or sneeze on you.
- *Avoid activities where you are likely to be exposed to large groups of people.
- *Do not travel if you are sick – rather stay at home!



Get the Flu Shot

- this will reduce the risk of seasonal flu and possible confusion with COVID-19 symptoms



The coronavirus was first identified in Wuhan, China in
December 2019
= **CO** (corona) **VI** (virus) **D** (disease) - 2019

CORONAVIRUS DISEASE 2019 (COVID-19)

WHAT YOU NEED TO KNOW AND HOW TO PROTECT YOURSELF

**** We @ ZRC are committed to
keeping our learners safe ****

TRANSMISSION: Investigations are ongoing

Maintain social distancing:

Maintain at least 1m (3 feet) distance between yourself and anyone who is coughing or sneezing.



WHY?

When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth, which may contain the virus.

If you are too close, you can breathe in the droplets containing the COVID-19 virus if the person coughing has the disease.



Contamination:

Touching objects (doors, etc.) puts the infected droplets onto your hands which can enter your nose / eyes / mouth.

Travelling:

Don't travel!!

Travellers have spread the virus into other countries.

Even though there is screening at entry points to detect sick travellers – rather stay home!



CORONAVIRUS COVID-19

SYMPTOMS:



FEVER



COUGH



SHORTNESS
OF BREATH



SORE THROAT



HEADACHE

MUSCLE ACHES

DIARRHOEA

****Most cases are MILD, but some are SEVERE, and can be fatal****

Seek immediate medical attention if you think you have been exposed, or develop symptoms

Symptoms may appear within 14 days of probable exposure.



MONITOR YOUR HEALTH



PREVENTION:

*Wash your hands frequently:

WHY? Washing your hands thoroughly with soap and water, or using alcohol-based hand sanitiser, kills viruses that may be on your hands.

Dry your hands with a clean, fresh paper towel which must be disposed of immediately after use.



*Avoid touching eyes, nose and mouth:

WHY? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

*Cover coughs and sneezes

***Ensure food, including eggs, is thoroughly cooked**

***Do not share food, drinks and personal items**