PROTECT YOURSELF AND OTHERS

Coronavirus: a Preventative Approach



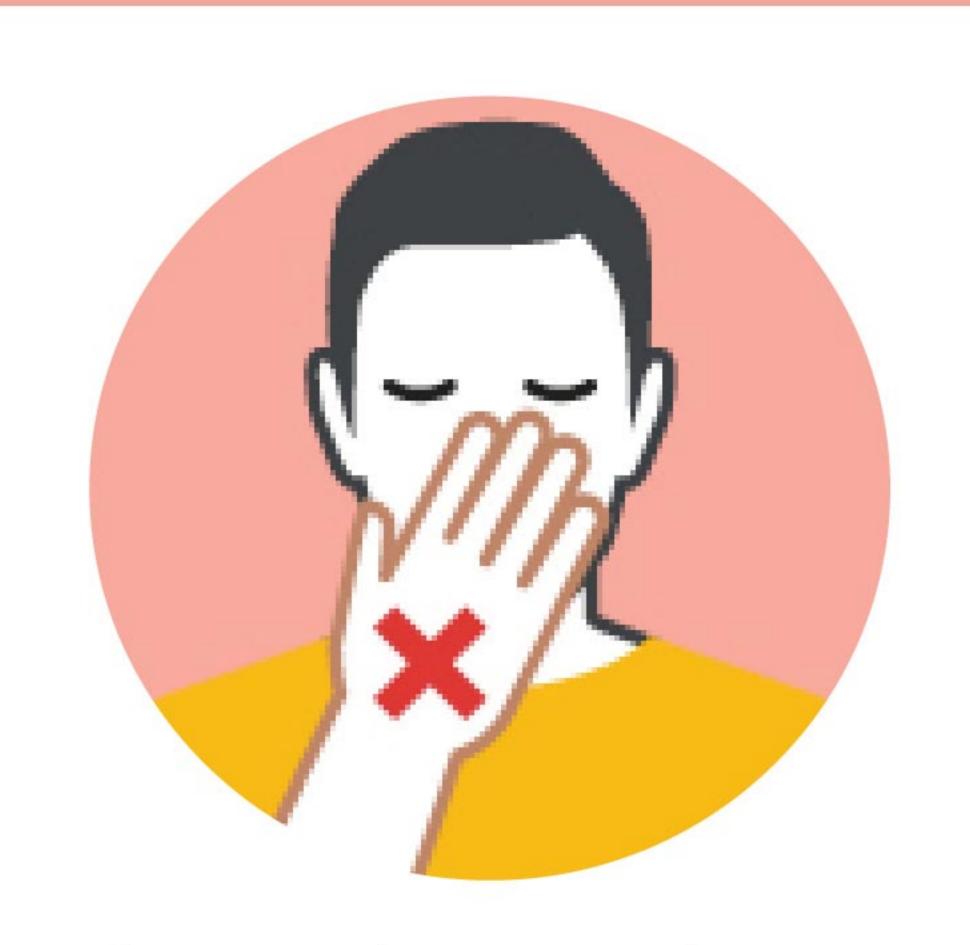
Common Symptoms
COUGH or RUNNY NOSE
FEVER
SHORTNESS OF BREATH
DIFFICULTY BREATHING



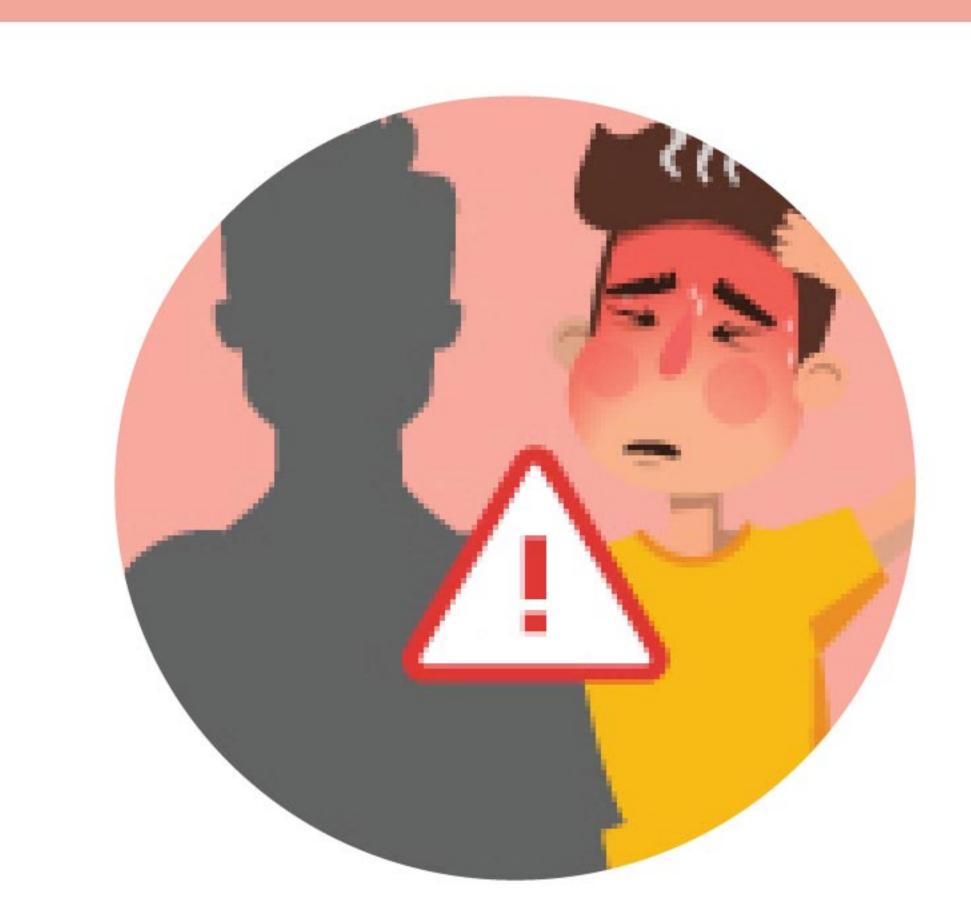
Risk Factors
RECENT TRAVEL
OLDER AGE
DIABETES
CHRONIC DISEASES

VISIT PREVENTOUS.COM TO LEARN MORE ABOUT CORONAVIRUS AND STAY INFORMED ON THE WAYS YOU CAN REDUCE YOUR RISK OF CONTRACTING OR TRANSMITTING IT

DONT'S



Avoid touching your eyes, nose and mouth with unwashed hands



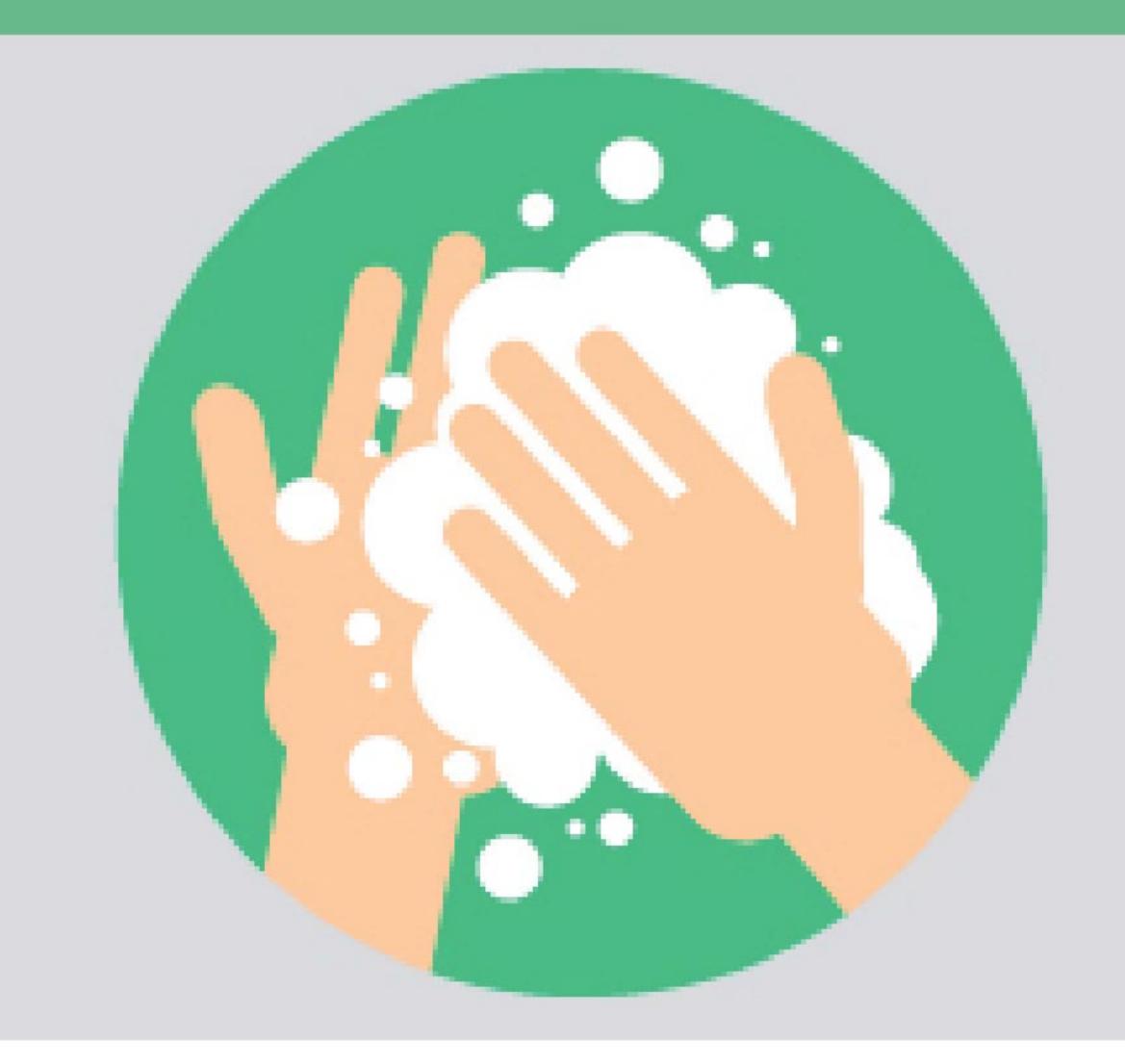
Avoid close contact with people, especially if showing symptoms



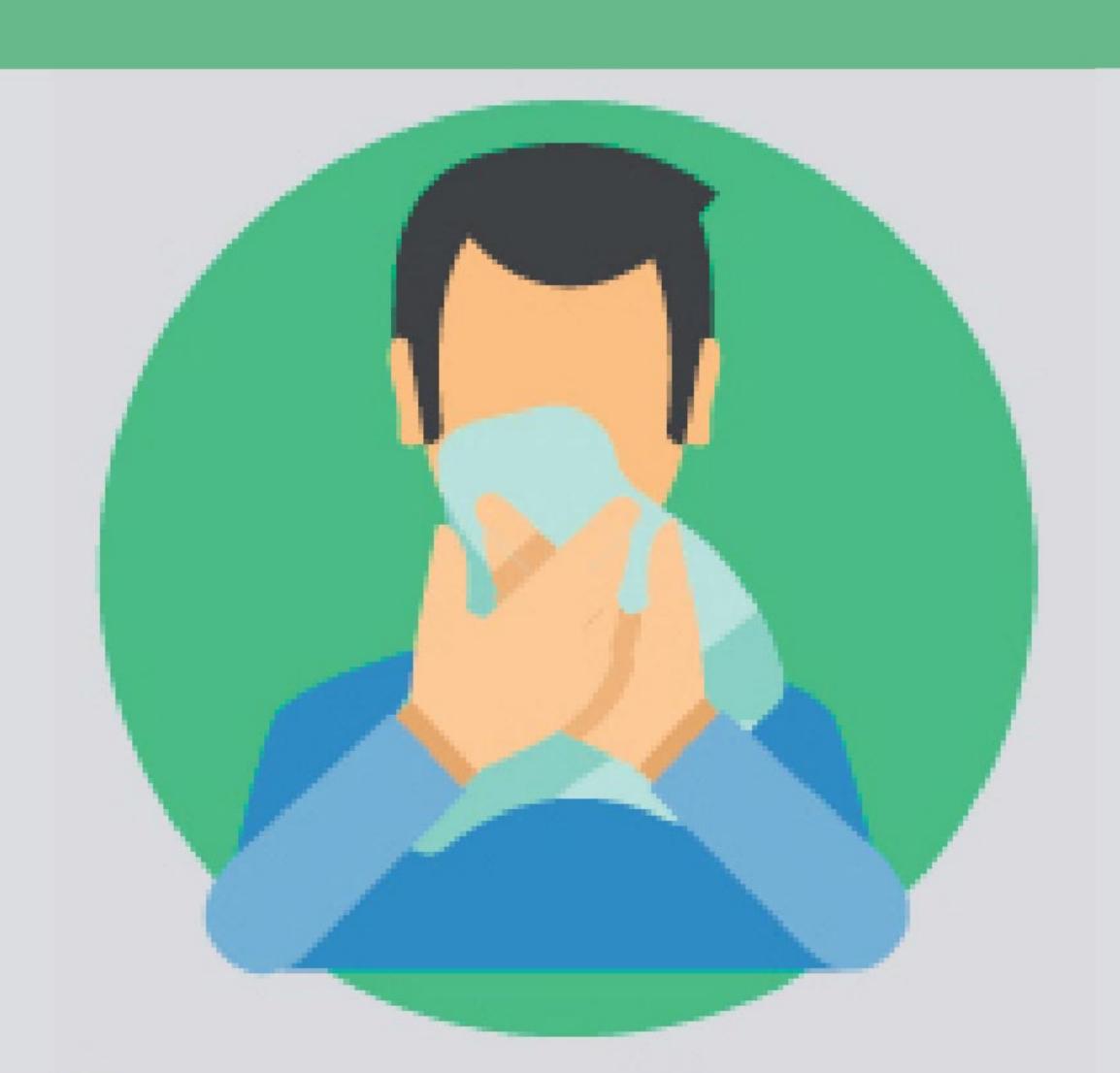
Avoid travelling unless strictly necessary



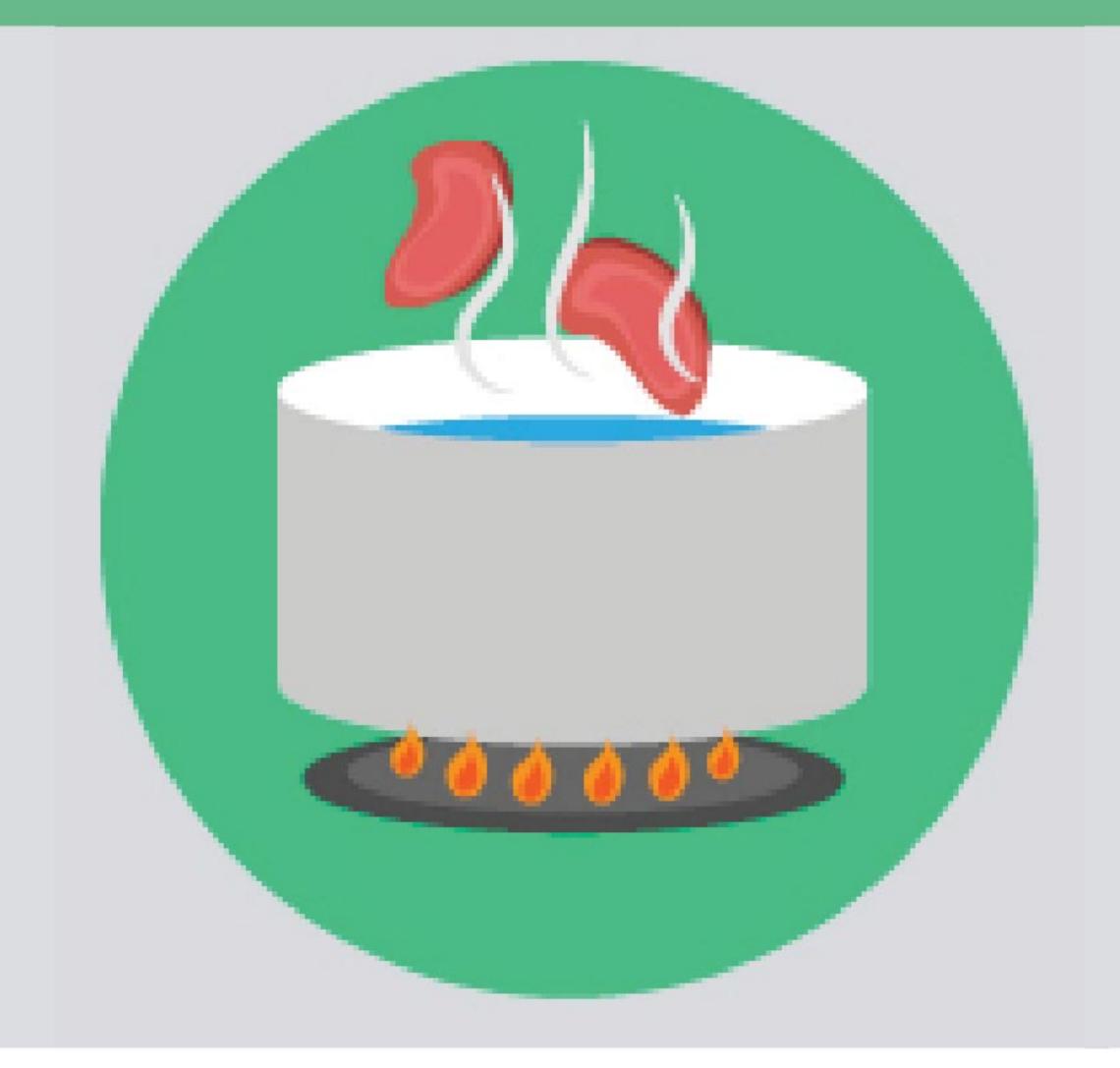
Avoid crowded places and try to stay home as much as possible



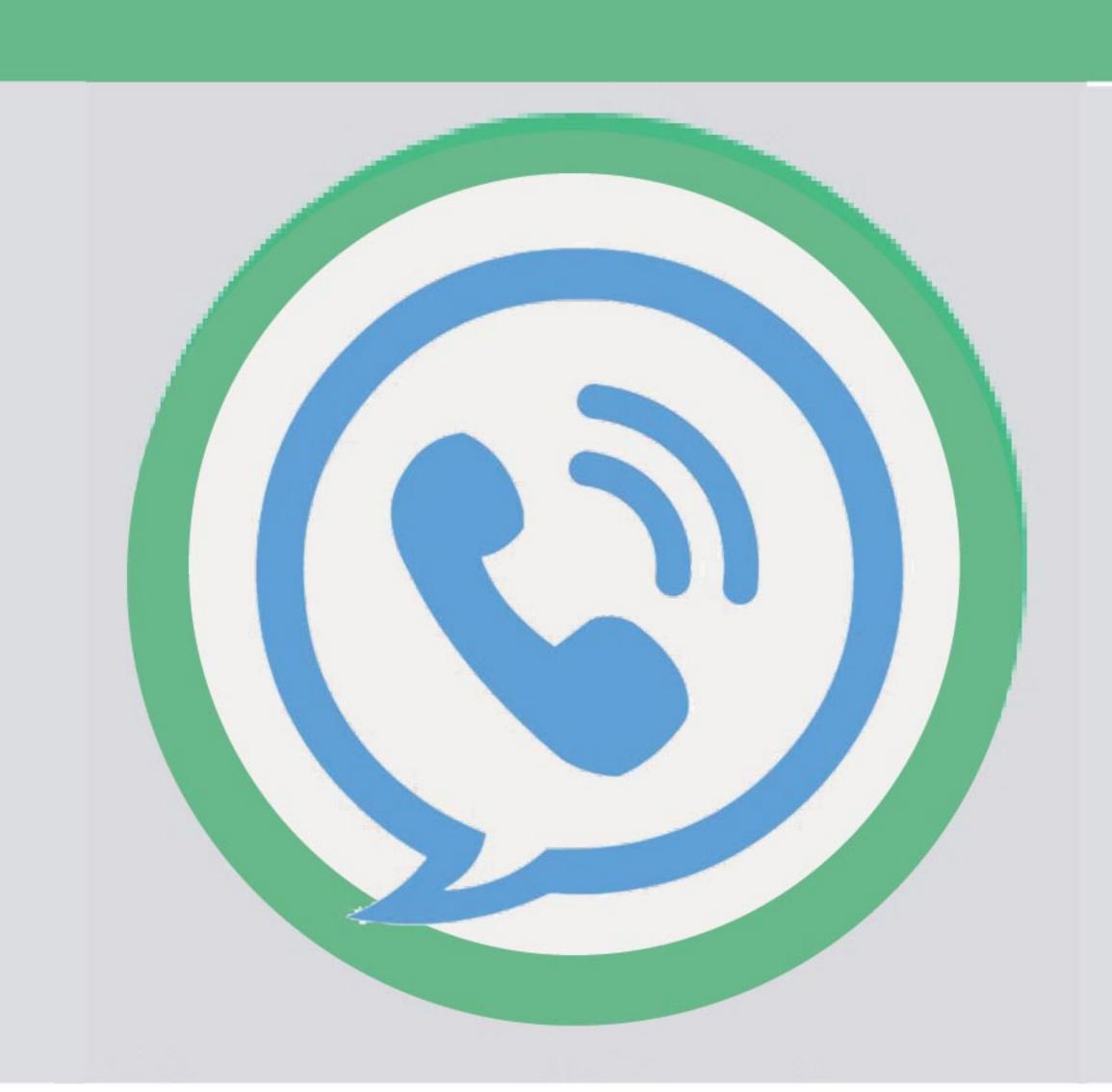
Wash your hands well and often or use alchol based sanitizer



Cover your cough or sneeze with a tissue and throw the tissue away



Household tip: throughly cook meat & eggs, disinfect surfaces often



If you are experiencing the symptoms of COVID-19, call your Healthcare Provider or call 811.

