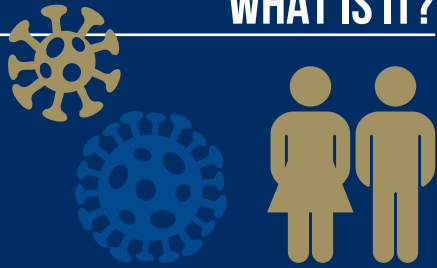


WHAT YOU NEED TO KNOW CORONA VIRUS

2019-nCoV

WHAT IS IT?



Coronaviruses, also called CoV, are a large group of viruses that cause a range of illnesses, from simple colds to more severe respiratory conditions. The virus we're hearing about in the news right now is what's known as a novel coronavirus, or nCoV, which means it's a new strain of the virus which hasn't been found in humans before. Most cases of this nCoV to date are affecting people in the Hubei Province of China.

SYMPTOMS

Typical symptoms of the new coronavirus infection include: _____



COUGHING



SHORTNESS
OF BREATH



FEVER



VOMITING



DIARRHOEA



PNEUMONIA

If left untreated, these symptoms can develop into severe and even deadly complications.

HOW DO YOU CATCH IT?

It's believed that the virus first developed in an animal species and then spread to humans. The strain is being spread from one person to another through **COUGHING AND SNEEZING**, as well as contact with people whose hands are contaminated with germs.



*The **GOOD NEWS** is that unless you have been in close contact with someone affected by the virus, you only have a very small risk of catching the virus yourself.*

PREVENTION

- ① Make sure your hands are clean; wash them regularly with soap and water, for at least 20 seconds at a time.
- ② If water is not available, use a strong alcohol-based hand sanitizer.
- ③ Avoid touching your mouth, nose and eyes with unwashed hands.
- ④ Cover your nose and mouth when sneezing or coughing.
- ⑤ Avoid close contact with those who have cold or flu symptoms.
- ⑥ If you get sick, avoid close contact with others, and wear a medical mask if possible.
- ⑦ Do not go into work if you are sick; see the doctor immediately to get a diagnosis and treatment.



WANT TO KNOW MORE?

Speak to a WAM Health Coach
Weekdays 08:00 – 17:00

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