

What is COVID-19?

New infectious disease caused by the most recently discovered coronavirus. This virus causes an illness known as Coronavirus Disease 2019 (COVID-19) and was declared a pandemic.

- COVID-19 symptoms are similar to having flu. It can cause cough, fever, a sore throat, loss of smell or taste.
- Most people will have a mild illness and can be safely managed at home.
- Some will develop severe COVID-19 with pneumonia causing difficulty breathing.
- There is currently no vaccine or cure for COVID-19.



Be kind to your family, friends, colleagues, neighbours. We are all in this together.

How does it spread?

- Coronavirus spreads in water droplets when we cough, sneeze, speak, shout, sing.
- These water droplets fly through the air and land on the face of the other person or fall down onto surfaces because they are heavy.
- We wear masks as it is the only thing protecting us from the water droplets.
- We also need to stand 1,5 metres away from others so that the water droplets cannot reach us.
- We need to wash surfaces with soap, water and disinfect with bleach to kill the coronavirus also called Covid-19.



Coronavirus hotlines

0800 029 999 or 021 928 4102 or 0800 111 132