

WHAT IS CORONAVIRUS?



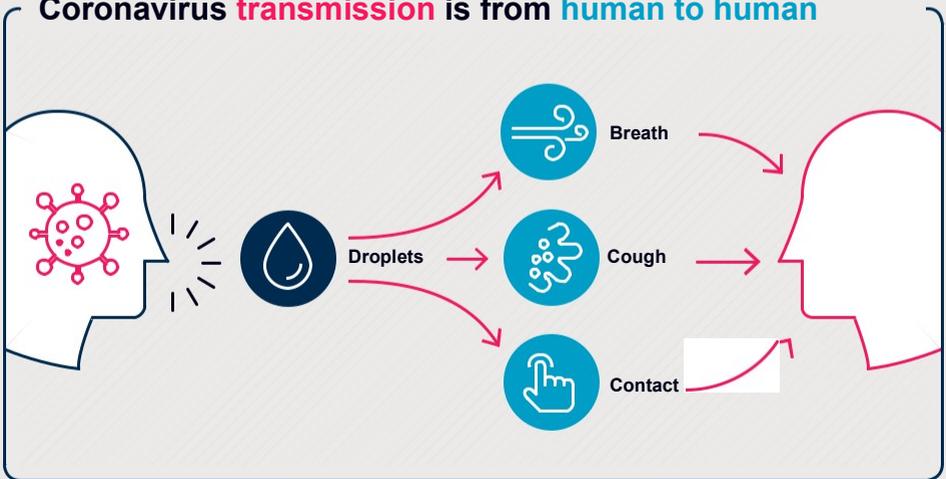
how is it transmitted?

As you may have seen and heard the Coronavirus is a huge talking point right now and a concern for all of us especially those who travel to different parts of the world.

Our people are our most important asset and we ask you to be safe and follow preventative measures.

Our people's well-being is of utmost importance to us and with this in mind we would like to share information around the virus to make you more aware and help you to understand what to do in the event you are concerned.

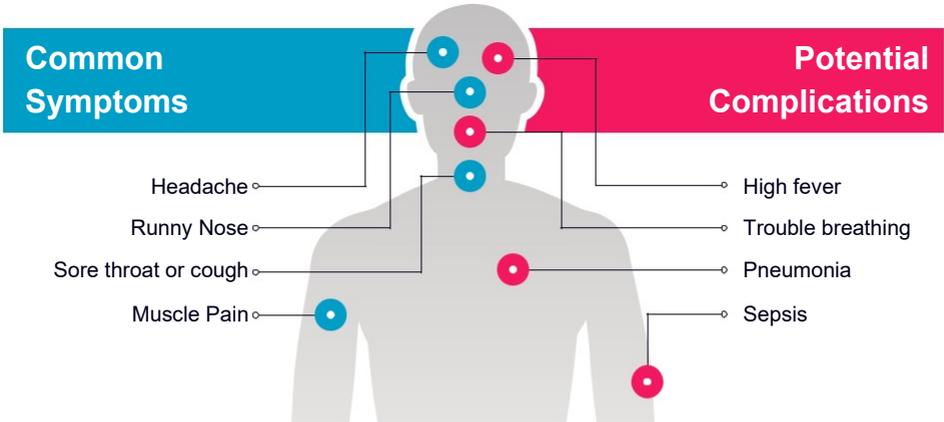
Coronavirus **transmission** is from **human to human**



This Coronavirus known as COVID-19 causes an infection in your nose, sinus or upper throat. Transmission occurs when an infected person coughs and sneezes.



what are the symptoms?



Coronaviruses usually cause mild to moderate upper respiratory tract illness

- The most common symptoms of COVID-19 are **fever, tiredness, and dry cough**.
- Some patients may have **aches and pains, nasal congestion, runny nose, sore throat or diarrhoea**.
- These symptoms are usually **mild and begin gradually**.
- **Older people**, and those with **underlying medical problems** like high blood pressure, heart problems or diabetes, **are more likely to develop serious illness**.

Symptoms may appear between **2-14 days** from exposure

The graphic consists of a dark blue circle with a white border. Inside the circle, the text 'Symptoms may appear between' is at the top, '2-14 days' is in large white font in the center, and 'from exposure' is at the bottom. To the right of the circle is a dark blue circle containing a white virus icon. Below the main circle is a larger, light grey virus icon.



how does the virus spread?

..... The Virus spreads from person to person when an infected person
..... coughs or sneezes and tiny droplets land on people nearby – just
..... like colds and flu.

! Someone who is actively sick with COVID-19 can spread the illness to others.

That is why the World Health Organisation recommends that these patients be isolated either in the hospital or at home (depending on how sick they are) until they are better and no longer pose a risk of infecting others.

The virus spreads when...



get into your mouth eyes nose



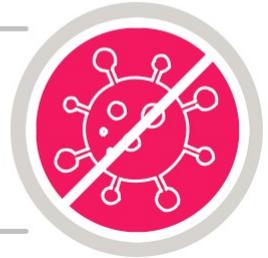
and when a person touches another person's hand.



reduce your risk of coronavirus infection

• • • • • If you see **someone** who is **visibly coughing / sneezing / sick** it is
• • • • • advisable for you to keep your distance – **more than 1m away** should
• • • • • **keep you safe from large droplets.**

• • • • • In general, it's a **good idea to avoid crowds** because you don't know who
• • • • • may be sick. **People who are infected might not show symptoms but**
• • • • • **are still infectious.**



Frequently clean hands by using alcohol-based hand rub or soap and water

Avoid touching your eyes, nose, and mouth

When coughing and sneezing **cover mouth and nose** with **flexed elbow or tissue** – throw tissue away immediately and wash hands

Avoid close contact with anyone that has fever and cough

Do not shake hands

Thoroughly cook meat and eggs

Maintain **good indoor ventilation**

Avoid sharing food, crockery, utensils and other personal hygiene items



what is the best way to wash your hands?

