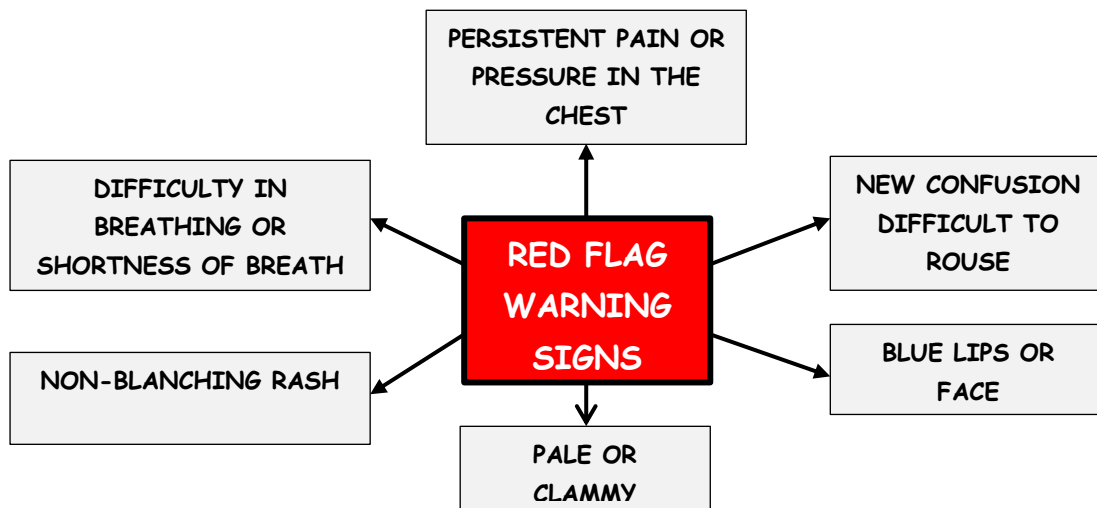
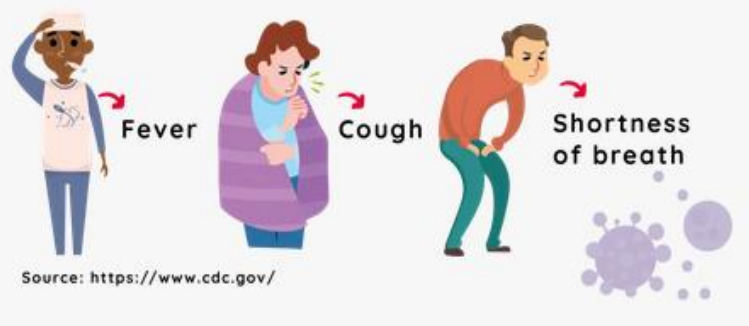


THE SYMPTOMS OF COVID-19 WHAT YOU NEED TO KNOW!

It starts with a **NEW** cough – all the time, and/or fever getting worse and then breathing difficulty.

CALL YOUR DOCTOR if you have the COVID-19 KEY symptoms:

- New on set of fever
- Continuous Cough



Call For help to your doctor, clinic or as advised by the health authority if you or any of your household members have any of the above symptoms.

DO NOT DELAY!!!

IF YOU THINK YOU GOT COVID-19

STAY AT HOME

USE A FACE MASK TO STOP THE SPRED

SELF ISOLATE

EVERYONE AROUND YOU IS AT RISK OF GETTING COVID-19



How do I know if I am getting better or worse?

Between 7-14 days you will begin feeling less sick.

BUT you may experience loss of sense of smell and taste for a while, in recuperation phase.

You may also have loose stools.

Virus spread through faeces, so practice strict hygiene.

Will I be able to survive if I am taken to the hospital?

If you were fit and well before catching COVID-19 then your survival is good to excellent.

The case fatality rate currently is 1.4% overall but increases with age and in those with diabetes/COPD, asthma, on immunosuppressant drugs, and any other chronic health conditions.

DO NOT compare to flu death rates. "Even for those aged 20-29 years, once infected with SARS-CoV-2, the death rate is 33 times higher than that from seasonal flu".

Does COVID-19 spread in the air?

NO it does not - current thoughts.

The virus isn't lurking in the air waiting for the next person to come in.

People are mainly catching COVID-19 through these droplets. Droplets fall within 1 meter or so. That's why you keep 2 meter distance from each other.

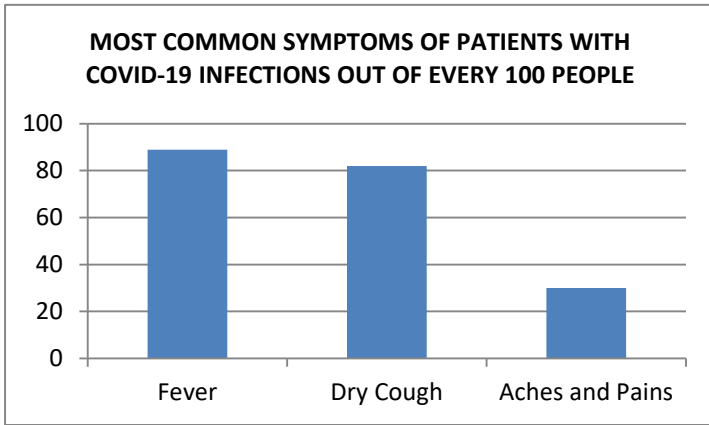
Some people are **ASYMPTOMATIC** meaning they may be carriers of the virus but do not show any symptoms of the disease. In this instance they can still transmit the virus to others. Children are most likely to be asymptomatic.

COVID-19 is life threatening in approximately 5% of patients as at April 2019. This may change possibly worsen depending how sick the population are, and in turn worsen the spread among the community.

Most infected people have mild to moderate respiratory illness and may not require any treatment. Here is when self-isolation is extremely important to prevent your households from catching the COVID-19.

COVID-19 is not the FLU

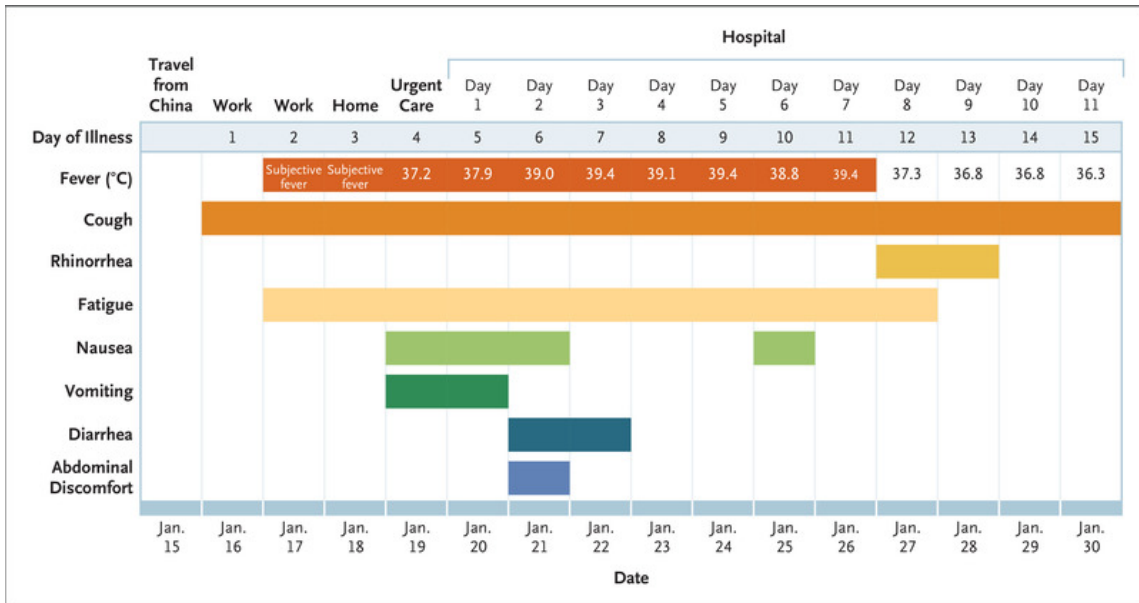




All people will have worsening breathlessness to some degree - it is the diseases of the lungs.

It causes a severe lung disease and because of this is why it is FATAL.

EXAMPLE OF HOW SYMPTOMS STARTS ONCE INFECTED WITH COVID-19 AND IT CHANGES WITH WHEN RECOVERY TAKES PLACE



A STORY FROM CHINA

PANDEMIC
Medscape

A review of 191 adults hospitalized with COVID-19 in Wuhan found that 91 (48%) had comorbidity. Hypertension (30%) was most common, followed by diabetes (19%) and coronary heart disease (8%).

SYMPTOMS OF COVID-19

| MOST COMMON | SOMEWHAT COMMON | RARE |
|-------------|---------------------|-------------------------|
| Fever | Sore throat | Fatigue/aches and pains |
| Cough | Shortness of breath | Headache |
| | | Diarrhea |



KNOW THE DIFFERENCE!!

| SYMPTOMS | COVID-19 | COLD | FLUE | ALLERGIES |
|---------------------------------------|----------------------------------------------------------|-----------|-----------------------------|----------------------------|
| SYMPTOM ONSET* | FROM MILD TO SEVERE | GRADUAL | ABRUPT | |
| TIME FROM INFECTION TO SYMPTOM ONSET* | APPROX 2-14 DAYS AVG: 7 DAYS | 1-3 DAYS | 1-4 DAYS | |
| HOW LONG DO SYMPTOMS LAST* | MILD CASE: 2 WKS SEVERE: 3-8 WKS CRITICAL: 3-8 WKS | 7-12 DAYS | 3-7 DAYS | |
| FEVER(>37.8°C) | COMMON | RARE | COMMON | NO |
| COUGH | COMMON (USUALLY DRY AND CONTINUOUS) | MILD | COMMON (USUALLY DRY) | SOMETIMES (USUALLY DRY) |
| SHORTNESS OF BREATH | SOMETIMES | NO | NO | NO |
| HEADACHE | SOMETIMES | RARE | COMMON | SOMETIMES |
| SORE THROAT | SOMETIMES | COMMON | SOMETIMES | ITCHY THROAT |
| RUNNY OR STUFFY NOSE | RARE | COMMON | SOMETIMES | COMMON |
| SNEEZING | NO | COMMON | NO | COMMON |
| ACHES AND PAINS | SOMETIMES | COMMON | COMMON | NO |
| FATIGUE | SOMETIMES | SOMETIMES | COMMON | SOMETIMES |
| DIARRHEA | RARE | NO | SOMETIMES (FOR CHILDREN) | NO |

ADAPTED FROM WHO, CDC