

## WHAT IS A CORONAVIRUS?

**The most recently discovered coronavirus causes coronavirus disease COVID-19.**

Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV).

SOURCE: WORLD HEALTH ORGANISATION



# What is COVID-19?

COVID-19 is the infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.

SOURCE: WORLD HEALTH ORGANISATION



## WHAT ARE COVID-19 SYMPTOMS?

**The most common symptoms are fever, tiredness, and dry cough.**

Some have aches and pains, nasal congestion, runny nose, sore throat or diarrhea.

SOURCE: WORLD HEALTH ORGANISATION



## WHAT ARE COVID-19 SYMPTOMS?

**Some people become infected but don't develop any symptoms and don't feel unwell.**

Most people (about 80%) recover from the disease without needing special treatment.

SOURCE: WORLD HEALTH ORGANISATION



## WHO'S AT RISK

**Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness.**

SOURCE: WORLD HEALTH ORGANISATION





WHAT SHOULD I DO?

**People with fever,  
cough and difficulty  
breathing should  
seek medical  
attention.**



# How to be safe from Coronavirus



If you are 60+ or if you have an underlying condition like **Cardiovascular disease, Respiratory condition, or Diabetes**, avoid crowded areas or places where you might interact with people who are sick.

# Stay home if you feel unwell

If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.



Source: World Health Organization



**COUGH**



*and*

**SNEEZE**

*into your*



**SLEEVE**

**#StopTheSpread**

**STAND  
TOGETHER**



*by not*



**STANDING  
TOGETHER**

**#StopTheSpread**

*Don't wait*



**SELF  
ISOLATE**

**#StopTheSpread**



**DISTANCE**  
**MAKES US**  
**STRONGER**

**#StopTheSpread**



# VIRTUAL HUGS



# STOP THE BUGS



BE  
Supportive  
Careful  
Alert  
Kind

READY

to fight Covid-19

# COVID-19 HOTLINE

EXPERIENCE MEDICINE~ BRIDGING THE GAP

## For emergencies and other concerns:

 **NHS ONLINE:** 111

 **COVID-19 HELPLINE** 08000241222

 **GOV WEBSITE:** <https://www.gov.uk/coronavirus>

 **NHS WEBSITE:** <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms-and-what-to-do/>

 **COVID MAP:** <https://www.worldometers.info/coronavirus/>

**#StopTheSpread**