

COVID-19 FACTS & TIPS

Arm yourself against the dreaded coronavirus with these useful nuggets!

Source: James Robb, MD, FCAP



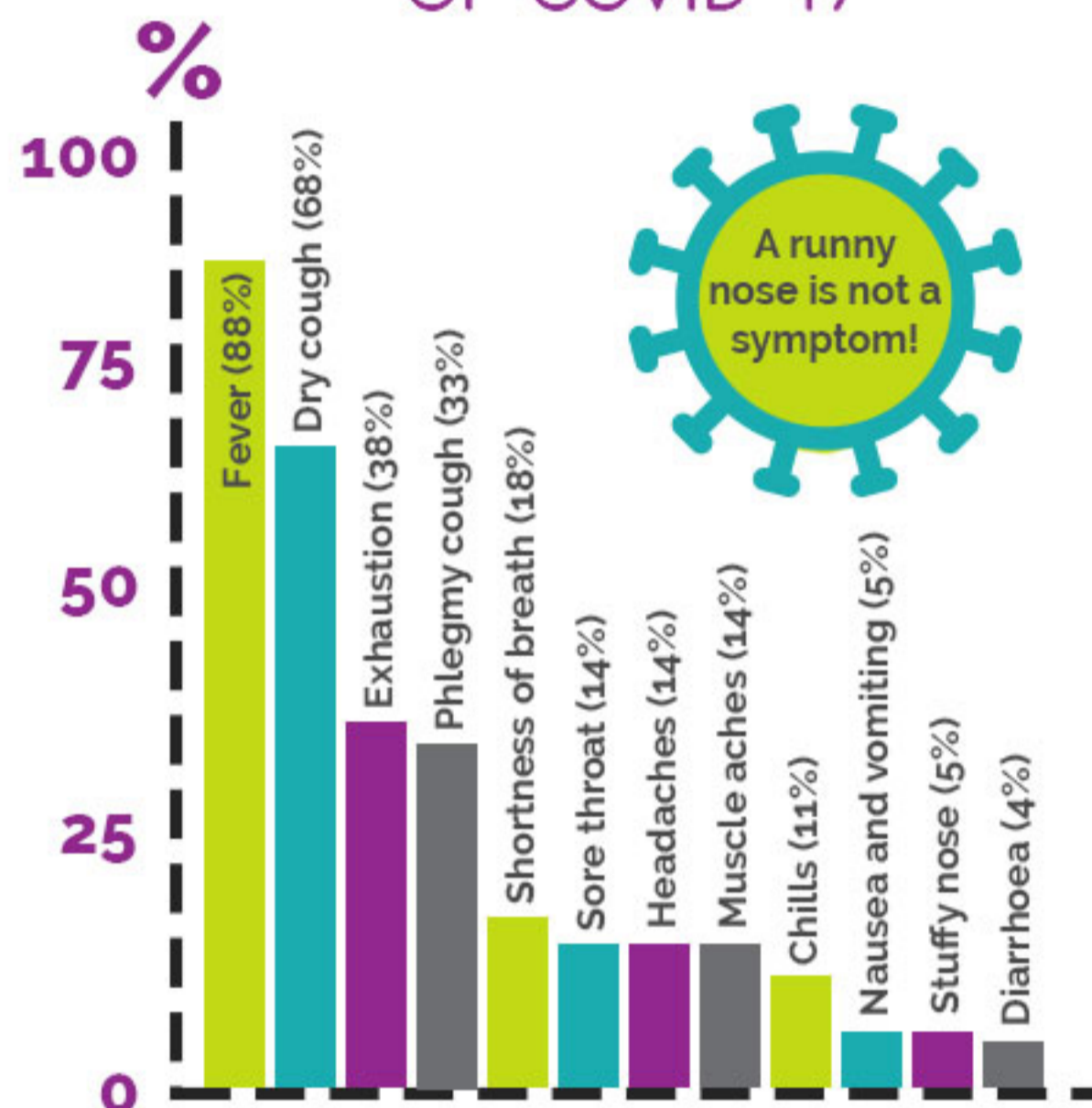
STOCK UP!



- ✓ Latex or nitrile latex disposable gloves to use during all your outside activity.
- ✓ Surgical masks to keep you from touching your nose and mouth.
- ✓ Hand sanitisers that are 60% alcohol-based or greater.
- ✓ Zinc lozenges as they effectively block coronavirus and most other viruses from multiplying in your throat and nasopharynx. To be used as directed when you begin to feel cold-like symptoms.



COMMON SYMPTOMS OF COVID-19



Source: World Health Organization

DID YOU KNOW?

- ☼ The COVID-19 virus will only infect your lungs.
- ☼ It spreads in large droplets by coughing and sneezing.
- ☼ You will not be infected unless your unprotected face is directly coughed or sneezed upon, or via your hands.
- ☼ The air will not infect you.
- ☼ All surfaces where these droplets land are infectious for about a week on average.
- ☼ Everything that is associated with infected people will be contaminated and potentially infectious.

