

## **Information about the Virus**

### **Main symptoms**

The main symptoms of Coronavirus are;

- high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least one of these symptoms.

### **The virus is most likely to spread from person to person through;**

- direct contact with a person while they are infectious
- contact with droplets when an infected person coughs or sneezes
- touching objects or surface that were contaminated by droplets from secretions coughed or sneezed from an infected person with a confirmed infection

### **To protect yourself and other, it is best to;**

- kill germs by washing your hands with soap and water, or using a sanitiser gel
- when coughing and sneezing cover mouth and nose with flexed elbow or tissue — throw tissue away immediately and wash your hands
- it is advisable to carry tissues with you
- avoid close contact with anyone who has fever and cough
- if you have a fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider