

COVID-19 SYMPTOMS

Fever



Dry cough



Shortness of breath



Other possible symptoms:
tiredness, sore throat,
body aches



HOW TO PROTECT YOURSELF

COVID-19 can be spread by people without symptoms



Do not
shake hands



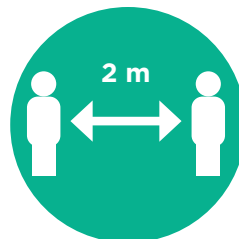
Avoid large
gatherings



Don't touch
your face with
unwashed hands



Don't spit in
public places



Stay 2 meters
away from others



Cover your mouth
with a cloth or your
elbow when you
sneeze or cough



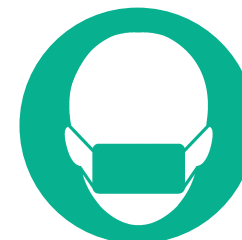
Wash your hands
often with soap and
water for at least
30 seconds.



Disinfect
surfaces you
touch often



Stay at home if
you are sick



Wear a mask if
you are sick