

SYMPTOMS INCLUDE:



Fever



Cough



Sore throat



Shortness of breath
/ Difficulty breathing

Stay informed and follow advice given by your healthcare provider.

For up to date information you can visit our website:

<https://pandemic.internationalso.com/2019-ncov>

DISCLAIMER:

This pocket guide has been developed for educational purposes only. It is not a substitute for professional medical advice. Should you have questions or concerns about any topic described here, please consult your medical professional.

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BASIC PROTECTIVE MEASURES AGAINST COVID-19

- Pay strict attention to hygiene. Wash your hands frequently
- Avoid crowded places. In public areas, as much as possible, keep 1-2 metres away from others.
- Do not share food, drinks and personal items
- Do not travel if you are sick
- Avoid touching your face
- Anyone who has any symptoms, even if only mild, should stay home and seek medical advice.

General good health habits including eating well, regular exercise and sleeping well will help to support your immune system and, longer term promote good health.

PROTECT YOURSELF AND MAINTAIN GOOD PERSONAL HYGIENE BY WASHING YOUR HANDS FREQUENTLY WITH HAND SANITISERS OR SOAP AND WATER:

- After coughing or sneezing
- Before and after attending to sick people
- When hands are visibly dirty
- After handling animals or animal waste
- Before, during and after you prepare food
- Before and after eating
- After toilet use
- Before and after participating in clean-up activities
- After touching your nose or mouth

CORONAVIRUS DISEASE (COVID-19)

HOW TO PROTECT YOURSELF





WHEN TO USE A MASK

In some locations, **AUTHORITIES ARE REQUIRING PEOPLE TO WEAR A MASK WHEN IN PUBLIC PLACES.**

You must comply with any official directives.

Other authorities encourage groups at higher risk for severe complications e.g. older adults or those with underlying illness, **TO CONSIDER WEARING A MASK.**

Some authorities have advised to use **MASKS WHILE TRAVELLING OR WORKING IN PUBLIC PLACES** to reduce the chances of droplet transmission.

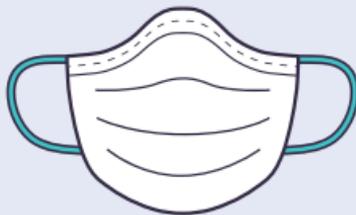
Wear a mask when you are sick, and **CONSULT YOUR DOCTOR.**

People who are looking after a sick person in their home should use a medical mask **WHEN IN THE SAME ROOM AS THE SICK PERSON**, and gloves and an apron if there are fluids when providing direct care.

If you wear a mask, then you must **KNOW HOW TO USE IT AND DISPOSE OF IT PROPERLY.**

REPLACE THE MASK REGULARLY WITH A NEW ONE, do not re-use single-use masks.

HOW TO USE THE MASK, IF REQUIRED



The World Health Organization does not recommend any type of PPE for people in public areas who do not have any respiratory symptoms. People who are looking after a sick person in their home should use a medical mask, as well as where authorities give a mandate to wear a mask.

- 1 Before putting on a mask, **clean your hands with soap and water, or alcohol-based hand sanitisers.**
- 2 **Cover mouth and nose with the mask** and make sure there are no gaps between your face and the mask.
- 3 **Avoid touching the mask while using it**; if you do so, clean your hands with soap and water, or alcohol-based hand sanitisers.
- 4 When you remove the mask: **remove it from behind.** Do not touch the mask on the front.
- 5 **Discard mask immediately in a closed bin.**
- 6 **Clean hands** with soap and water, or alcohol-based hand sanitiser.