SYMPTOMS INCLUDE:

- Fever
- Cough
- Sore throat
- Shortness of breath
- Fatigue

PROTECT YOURSELF -
Maintain good personal hygiene by washing your hands frequently with soap and water

- Before putting on and after taking off masks
- Before and after attending to sick people
- Before, during and after you prepare food
- Before and after eating
- After toilet use or changing diapers
- Before and after participating in clean-up activities
- After touching your nose or mouth
- After handling animals or animal waste
- After handling garbage

Use alcohol-based hand sanitisers if soap and water are not readily available.

Stay informed and follow advice given by your healthcare provider. For up to date information, you can visit our website: https://pandemic.internationalsos.com/2019-ncov
The guidance and requirements for the use of face masks/cloths covering the nose and mouth vary greatly. Some authorities require or recommend everyone to wear a face mask when in public areas.

In other locations, authorities recommend against the use of masks for the general public when there is little COVID-19 activity.

International SOS advice regarding use of masks in the community:

- Only wear a clean mask, and always follow the manufacturer’s instructions/guidance of your local authorities.
- Masks (or a cloth covering the mouth and nose) can be used when in public, particularly -
  - when in face-to-face contact with others.
  - when social distancing cannot be achieved.
  - by people in high risk groups.
- Medical masks – should be used by sick people AND their caregivers.