

WHAT IS COVID-19?

COVID-19 is the disease experienced as a result of contracting the SARS-CoV-2 virus.. The virus is spread as a result of respiratory droplets expelled from the mouth or nose, especially as a result of sneezing.

MOST COMMON SYMPTOMS:

- Fever
- Tiredness
- Dry cough

SERIOUS SYMPTOMS:

- Difficulty breathing
- Chest pressure
- Speech/movement impairment

WHO'S AT RISK:

- People with underlying medical problems like high blood pressure, heart problems, diabetes, asthma or other respiratory problems.
- The elderly

WHAT TO DO:

- Get tested regularly.
- When you experience symptoms, seek medical attention immediately.