

PUBLIC HEALTH GUIDELINES



How does COVID-19 spread?



Through contact with people

This virus spreads mainly via respiratory droplets. When someone coughs, sneezes or speaks, they spray small droplets from their nose or mouth.



In crowded spaces

The virus spreads easily in spaces with lots of people and less air movement. Contracting the virus is less likely in spaces outside, where the virus particles disperse quickly in fresh air.



By touching contaminated surfaces

The virus can also spread by touching contaminated surfaces and then touching your eyes, mouth or nose.

Safety guidelines to follow





HIGH RISK INDIVIDUALS

Elderly People Age: 60+

Cough



High blood pressure patients

ents patients

Diabetic

Asthama + Lung disease patients

AIDS patients

Cancer + HIV



Pregnant women



SYMPTOMS



Shortness of breath



Fatigue