



Muslim Hands

## ADVICE ON THE CORONAVIRUS (COVID-19)

### How serious is the coronavirus?

- It can cause flu-like symptoms, including fever, cough & difficulty breathing
- The infection is not serious for most people, including children
- There is currently no vaccine
- Most people will get better with enough rest, water to drink and medicine for pain

### How likely are you to catch the virus?

- You can only catch it if you have been in close to a person who has the virus
- The chance of being in contact with the virus is currently low in most places in the world
- If you have travelled to areas where many people are infected, your chance of catching the virus is higher,

## How can you stop coronavirus spreading

If you need to cough or sneeze



Catch it



Bin it



Kill it -- By washing your hands with soap & water or hand sanitiser

You should wash hands with soap & water or hand sanitiser



After sports activities



Before eating & cooking



On entering a building



After using the toilet



Before or Leaving home



Try not to touch your eyes, nose, and mouth with unwashed hands



Do not share items that come into contact with your mouth such as cups & bottles



If unwell do not share items such as beddings, dishes, pens & towels

### What should you do if you feel unwell?

Keep away from others and stay at home to stop the virus from spreading. Avoid public transport if you think you have the symptoms of coronavirus. If you become unwell at a place of education tell a member of staff. If you become ill at home inform your local health authority by phone and let them know which countries or areas you have travelled to in the last 14 days. Do not leave your home until you have been advised to by the local health authority. Call 1-833-784-4397 for more information about COVID-19.

### What should I do if I returned from a virus infected location?

People who have returned from China, Iran, specific lockdown areas in northern Italy or any other cities which have reported coronavirus infection should self isolate, and should not attend education or work for 14 days.

**IF THERE IS AN EMERGENCY, CALL 911 IMMEDIATELY**

