



Know the **COVID-19** **SYMPTOMS**

The following symptoms may appear 2-14 days after exposure:

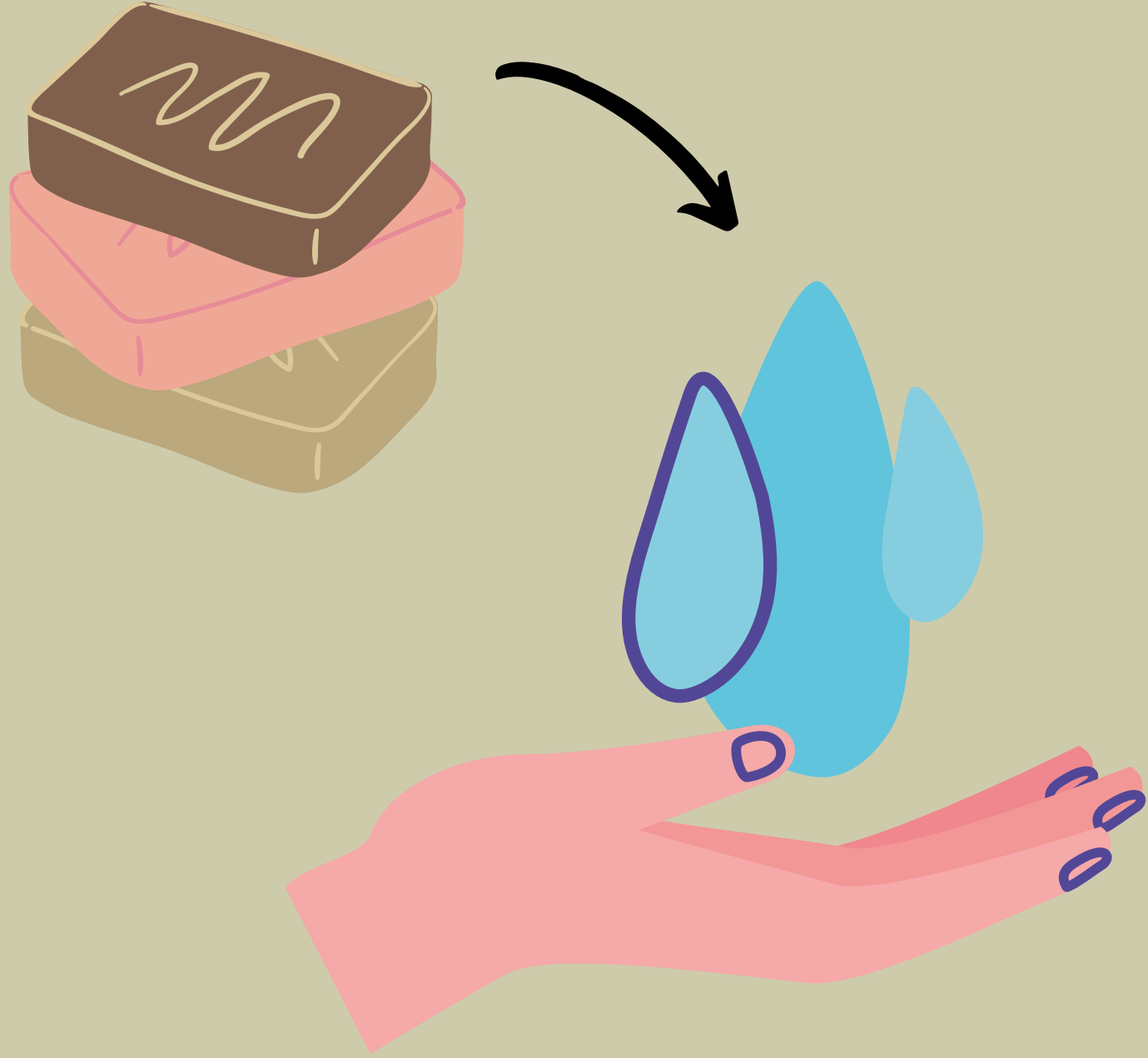
- Fever
- Cough
- Shortness of Breath
- Runny nose
- Fever or high temperature

Seek medical advice if:

- You develop worsening symptoms
- You have been in close contact with a person known to have COVID-19
- You live in or have recently been in an on area with ongoing spread of COVID-19



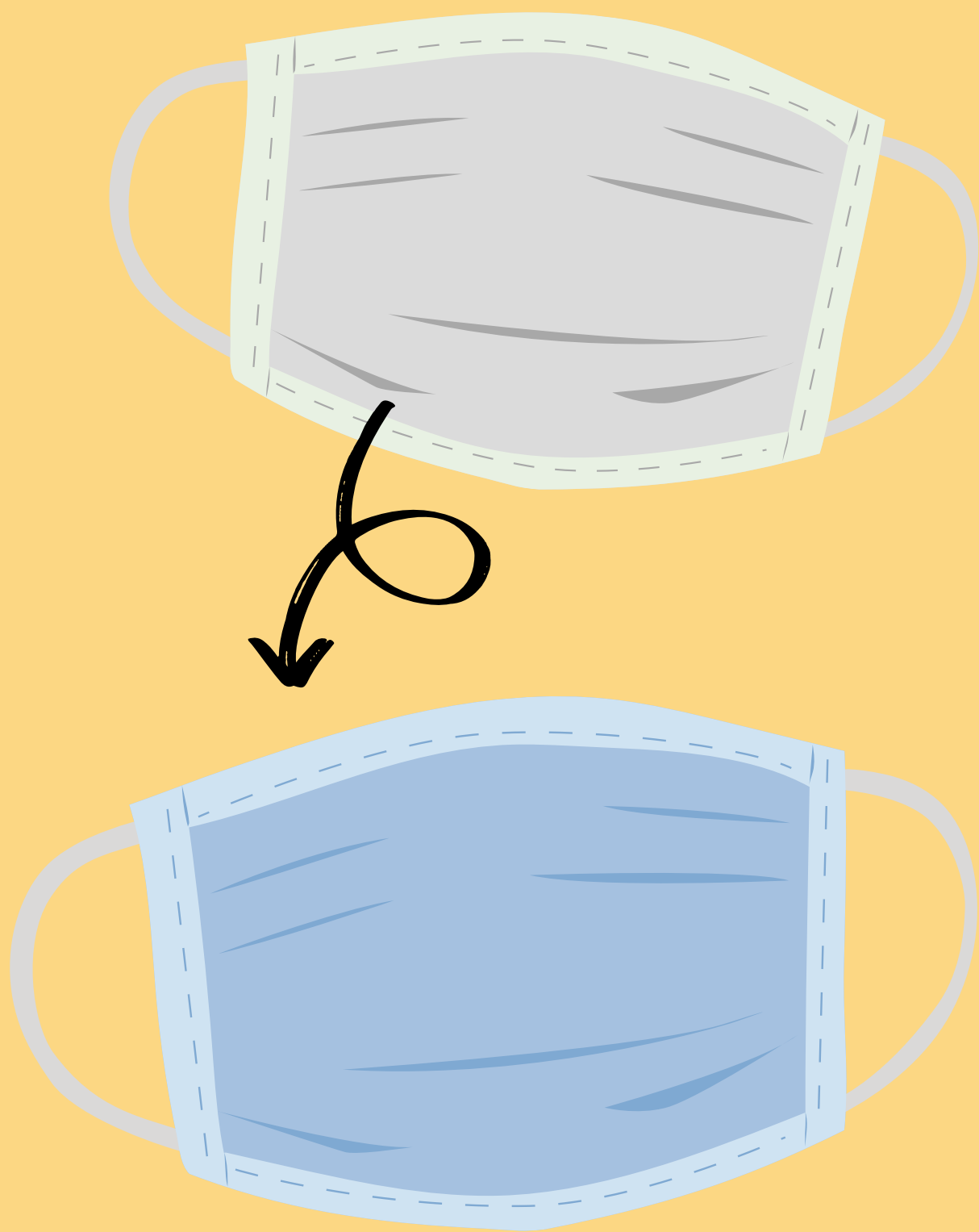
A GUIDE TO MASK USE



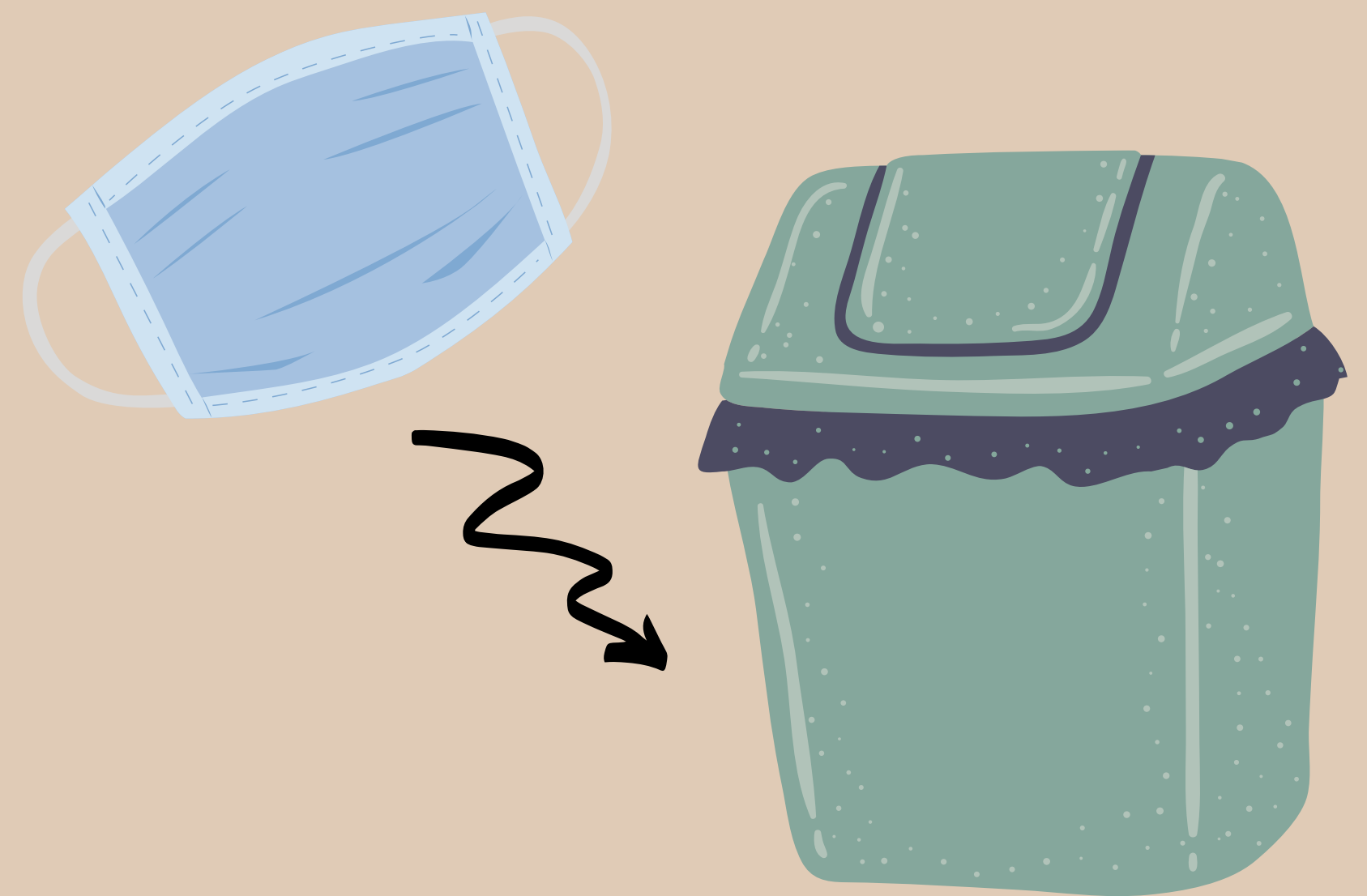
Before putting on a mask, clean hands with alcohol-based hand rub or soap and water.



Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.



Replace the mask with a new one as soon as it is damp and do not re-use single-use masks.



To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water.

COUGH



and

SNEEZE

into your



SLEEVE

#StopTheSpread