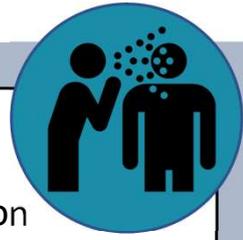




About Coronavirus Disease (COVID-19)



How is it spread?

COVID-19 is mainly transmitted from person to person. An infected person releases respiratory droplets while sneezing, coughing, talking or just breathing. People in close contact (less than 1-2 meters) can catch the virus if it enters their mouth, nose or eyes. The virus can also be transmitted if a person touches a contaminated object (e.g., a hammer, a door handle), and then touches his face.

An infected person usually develops symptoms 5-6 days after exposure, but it can be up to 14 days. Some people do not develop any symptoms.

Infected persons are most contagious (can infect others) 2-3 days before they notice any symptoms, and also for around 8 days after symptoms have started. People who never develop symptoms can also transmit the virus, though it is less likely.

What are the symptoms?

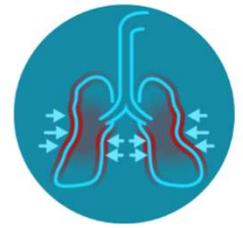
The coronavirus can affect different organs! Key symptoms are **fever**, **cough** and **shortness of breath**.



FEVER



COUGH

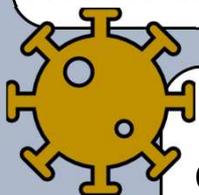


SHORTNESS OF BREATH

Other frequently reported symptoms include: **muscle pain**, **loss of taste or smell**, **sore throat and/or chills**.

Some more unspecific symptoms are diarrhea, nausea/vomiting, headache and nasal congestion.

COVID-19 affects people differently. While some people never develop symptoms, the majority of people suffer from mild symptoms; around 15% develop a severe infection (e.g., with shortness of breath, pneumonia) and 5% develop a critical condition that can lead to death (such as respiratory failure of multiorgan dysfunction).



Who is at risk?

Older adults (over 60 years) and people of any age who have a compromised immune system and/or serious underlying medical conditions (e.g., asthma, silicosis, diabetes, cardiovascular problems, HIV/AIDS, obesity, smoking, chronic mercury intoxication) are at higher risk of developing a severe infection of COVID-19 with complications. But people of any age can develop a mild or severe infection.

National COVID-19 hotline:

Note that knowledge about COVID-19 is evolving every day and that guidelines can change.

Seek information from your health authority and follow national policies.

Sources: World Health Organization*, UpToDate*, US Centers for Disease Control and Prevention* **, OSHA**(* info, **graphs)