



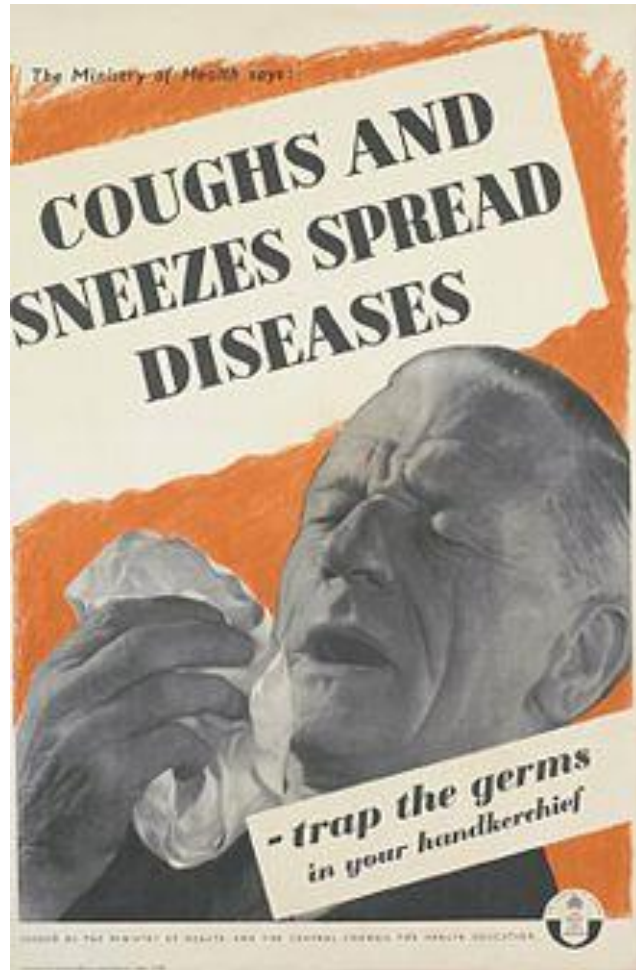
An Overview

WHAT IS COVID-19?

COVID-19 is a newly identified strain of virus in the Coronavirus family which includes the Common Cold, Influenza, SARS and others and was first discovered in 2019 and originated in the Chinese province of Wuhan

IS **COVID-19**
VERY
INFECTIOUS?

COVID-19 is an infectious disease but compared to Measles where unprotected transmission rates are up to 14 people the transmission rate for **COVID-19** is 2-3 people



HOW IS COVID-19 SPREAD?

COVID-19 is spread person-to-person through body fluids mostly from coughing

COVID-19 is potentially fatal and current mortality rates are between 2 & 3%. While this may seem very high the evidence is overwhelming that the elderly and immune compromised are most at risk and if excluded from the statistics mortality rates are dramatically lower

**IS COVID-19
FATAL?**

WHAT
SHOULD I
DO IF I
SUSPECT I
HAVE
COVID-19?

If you suspect you have **COVID-19** you should ring your doctor and discuss with them and they will determine if any further intervention is required



WHO IS MOST AT RISK OF CONTRACTING COVID-19?

Those most at risk of contraction **COVID-19** are Family Members, First Responders & Health Care Workers exposed to infected people

HOW CLOSE AND FOR HOW LONG SHOULD I BE EXPOSED TO SOMEONE WITH COVID-19?

The considered safe distance from an infected person unprotected is 2 Meters or more and the time spent in close contact should be less than 15 minutes. If you are going to be in closer proximity than 2 Meters and for longer than 15 minutes you should wear the appropriate Personal Protective Equipment (PPE)

WHAT ROLE DO FACE MASKS SERVE IN COVID-19?

Face Masks are most effective for the person infected with **COVID-19** to stop them spreading the virus through coughing and also for Family Members, First Responders & Medical Staff who spend time in close proximity to the infected person

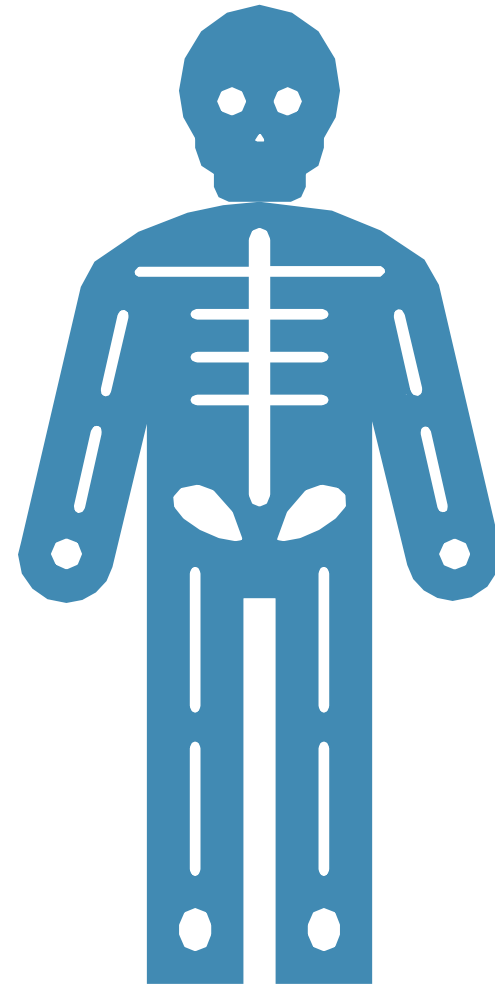


ARE INFECTED
PEOPLE
CONTAGIOUS
DURING THE
INCUBATION
PERIOD?

Best evidence is that infected people are **NOT** contagious during the incubation period of **COVID-19** and only become so when showing symptoms, therefore the wearing of face masks for everyday activities has no benefit

WHAT WILL HAPPEN IF I CONTRACT COVID-19?

In the unlikely event that you contract **COVID-19** you will most likely feel very unwell with symptoms of fever, coughing, respiratory difficulties, loss of appetite, aches & pains, dehydration



WHERE WILL I BE TREATED IF I CONTRACT **COVID-19**?

People infected with **COVID-19** will most likely be treated from home through the HSE's community healthcare system and only those extremely ill will be hospitalised to avoid exposure to the high risk groups



HOW CAN I ASSIST IN STOPPING THE SPREAD OF COVID-19?



Wash your hands thoroughly with soap & water. Hand gels & sanitizers are less effective but are a practical measure if soap & water are not accessible.



Avoid travel to known infected areas