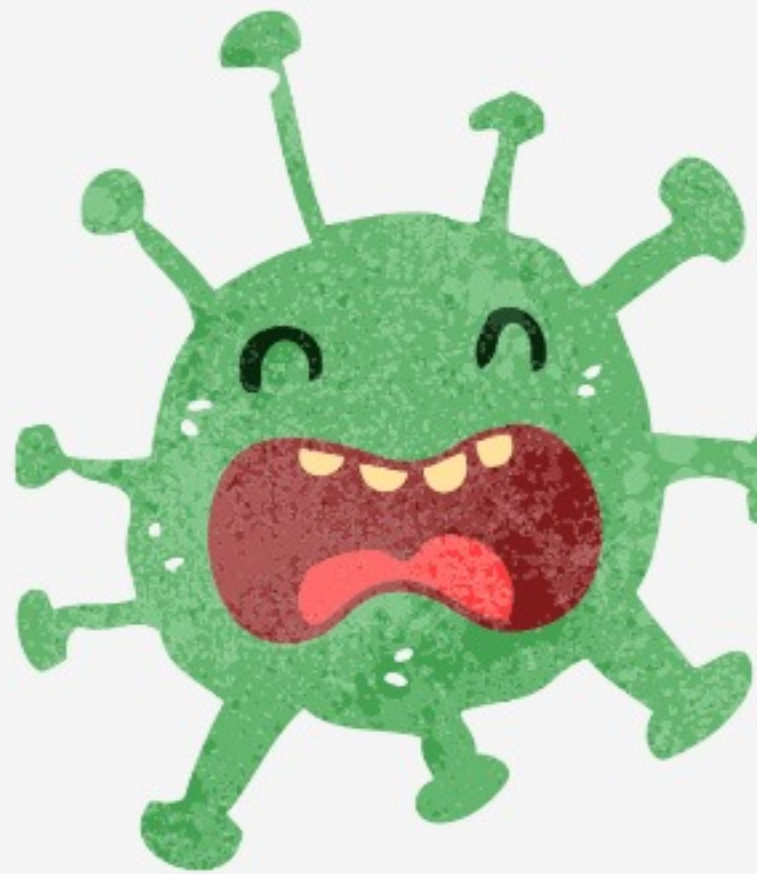


What is Coronavirus?

The Coronavirus is in a family of viruses that can infect both animals and humans. It is usually spread by coughing, sneezing, and close contact with an infected persons.



Symptoms include fever, cough, difficult breathing, sore throat, joint and muscle aches, and tiredness.



How to Protect Yourself and Others From Contacting the Viruses



Wash your hands:

- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- after prolonged contact with a surface
- after handling animals and animal waste



Maintain at least 5 feet distance between yourself and anyone who is coughing or looks sick



Ensure you and others around you follow good respiratory hygiene practices like covering your mouth and nose with a tissue or handkerchief or at the bent elbow when you cough or sneeze -- then dispose of used tissue immediately.

What to do?

If you suspect or are concerned that you or your family member may have contracted the virus, **please do not come to work -- first call the EHA Clinics' Command Center number, 0800EHA CLINICS (0800 34225 46427), for guidance.**