

# COVID-19 (CORONA VIRUS)

~What You Need to Know~

## HAVE I GOT A COLD, FLU OR COVID-19?

SYMPTOMS	CORONAVIRUS	COLD	FLU
FEVER	Common	Rare	Common
FATIGUE	Sometimes	Sometimes	Common
COUGH	Common (usually dry)	Mild	Common (usually dry)
SNEEZING	No	Common	No
ACHES & PAINS	Sometimes	Common	Common
RUNNY OR STUFFY NOSE	Rare	Common	Sometimes
SORE THROAT	Sometimes	Common	Sometimes
DIARRHOEA	Rare	No	Sometimes for children
HEADACHES	Sometimes	Rare	Common
SHORTNESS OF BREATH	Sometimes	No	No

## Higher Risk Pre-existing Disease

Diabetes

HIV/AIDS

Chronic Heart Disease (high blood pressure,

Cancer

Asthma

Spleen (sickel cell disease), Splenectomy

Chronic Liver Disease (alcohol, chemical or parasitic caused)

Chronic Kidney Disease (diabetes, high blood pressure,

Pulmonary Disease

Neurological Condition (Parkinson disease, etc)

### CORONAVIRUS: THE FACTS

- 1 Virus enters through the nose and mouth
- 2 It then finds a 'host cell' in the respiratory system
- 3 The host cell then bursts and infects other cells nearby

**SYMPTOMS**

- Dry cough
- High temperature
- Shortness of breath

Protect yourself by washing your hands for 20 seconds, using a tissue to catch coughs and sneezes and avoid touching your face

**HOW IT SPREADS**  
The virus is transmitted between humans in droplets from coughing and sneezing and touching or shaking hands.

**HOW IT CAN KILL**  
Most victims of the virus die from complications including pneumonia and swelling in the lungs.  
The virus also causes swelling in the respiratory system, which can make it hard for the lungs to pass oxygen into the bloodstream – leading to organ failure and death.  
Severe pneumonia can kill people by causing them to 'drown' in the fluid flooding their lungs.

## Higher Risk Group

Over 70 years of age

Heavy Alcohol Consumer

Heavy Smoker

Pregnant Woman

Overweight