

The virus is contained in droplets (saliva, phlegm, nasal mucus) of an infected person

### Modes of Transmission

- Direct entry of droplets through nose, mouth and eyes during coughing or sneezing of an infected person
- Through touching surfaces containing infected droplets

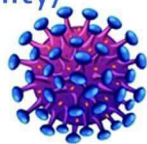
Symptoms may appear 2-14 days after virus enters the body. Some individuals can spread the disease during this period without showing symptoms.

### Symptoms - one or more can be present at a time

- Fever
- Cough
- Cold
- Sore/Irritated/Itchy throat
- Headache
- Vomiting or Diarrhoea
- Muscle and Joint Pains
- Difficulty breathing

### High-risk groups get severe complications

- Elders (60 years or above)
- People with chronic illnesses (Heart Diseases, Diabetes, Respiratory Diseases, Kidney Failure, Cancers and other diseases that reduce immunity)
- Pregnant Mothers



### Preventive Measures

- Frequent handwashing with soap or cleaning with a hand sanitizer (at least 20 sec)
  - after going to a crowded place
  - after helping a patient
  - to clean droplets following cough or sneezing
  - after using public transport..etc
- Avoid close-contact with others (keep at least 1-meter distance)
- Avoid touching nose, mouth, eyes and face

- When coughing or sneezing
  - Turn away from others
  - Cover mouth and nose with a tissue
  - If you don't have a tissue, cover mouth and nose with sleeve of inner side of your elbow
  - Put used tissue in a waste bin with a lid and wash your hands
  - Don't spit everywhere
- Don't touch walls, hand railings or surfaces unnecessarily
  - Clean frequently used equipments and surfaces with an antiseptic liquid
- Avoid crowded places and gatherings
- Avoid travelling
- Avoid hugging and kissing, or handshakes
- To boost your immunity have a nutritious meal, stay hydrated and relaxed

### Home quarantine Self-quarantine

Staying in a separate room with good ventilation, away from others at home and being vigilant on onset of symptoms.

Following groups are advised to be self quarantined,

Individuals who, during the last 14 days,

- returned to Sri Lanka from abroad or
- had close contact with an infected person

must be home-quarantined for **14 days**

### How to be Home Quarantined

- Strictly stay at home
  - Try to be in a separate room with adequate ventilation
  - If available use a separate bathroom
  - Limit visitors to the home, avoid contact with any visitors
- Use separate dishes, drinking glasses, cups, eating utensils, towels, bedding, and clean them separately with soap.
- Measure body temperature twice daily by yourself
- Clean water taps, doorknobs and utensils with an antiseptic solution
- Follow all other measures given under the prevention section