COVID - 19
WHAT YOU NEED TO KNOW

What is it?
COVID - 19 stands for the Coronavirus disease caused by the new strain of coronavirus that originated in Wuhan, China. It has spread to other countries such as South Korea, Italy, France, Spain, Germany, Iran, Kuwait, Brazil, Canada & USA.

How does it spread?
Once in humans, coronaviruses can spread to other humans through:

Direct touch with an infected person
E.g. by shaking hands

Air Transmission
E.g. coughing, sneezing, or spitting

Infected Surfaces
E.g. touching an infected surface and then touching your face.

Symptoms?
The illness typically causes a mild to moderate upper respiratory tract infection, like a common cold.

Symptoms can include one or more of the following:

- HEADACHE
- A RUNNY NOSE
- DRY COUGH
- DIFFICULT BREATHING

Prevention?

Wash Your hands often
Do this thoroughly with soap & water for 20 seconds as often as you can. Consider having alcohol-based hand sanitizers with you.

Avoid touching your face
Avoid touching the T-zone of your face. This includes your eyes, nose & mouth

Raw animal products
Avoid raw or undercooked animal products

Use Face Masks
Only use masks if you have symptoms or for taking care of someone who has symptoms. Fit the mask snugly over your nose and mouth and do not touch it once it's on. Replace it with a new one as soon as it is damp. Remove the mask from behind, throw it in a closed bin and wash your hands well.

Avoid close contact
Stay at a distance 1m (3 feet) when talking with someone who has a cough.

Clean & disinfect
Clean and disinfect objects that are frequently touched, e.g. door handles, table surfaces, etc.

Cover your mouth/ nose
When sneezing or coughing, cover your mouth and nose with a tissue or the inside of your elbow. Throw the tissue away immediately and wash your hands.

What we are doing at THT
Every one of our members matter to us. We will continue to monitor developments in this space, and also bring you the necessary information to keep you updated.

For enquiries and assistance, please reach out to our call centre via email on thtcallcentre@totalhealthtrust.com or call 01 448 2105, 0708 068 7600

Prevention is better! #StayHealthy