

# What is COVID-19?

## ABOUT THE CORONAVIRUS DISEASE



### What is COVID-19?

- Coronavirus Induced Disease (COVID-19) is an infectious respiratory disease caused by the newly discovered coronavirus – SARS CoV-2 virus.

### How does COVID-19 spread?

- Coronavirus spread from an infected person through the respiratory droplets generated while coughing/sneezing.

This can happen by:

- Close personal contact with the infected person.
- Touching contaminated objects or surfaces and further touching your mouth, nose or eyes before washing your hands.

### How do I keep myself from falling sick with COVID-19?

- Practice physical distancing norms such as maintaining at least 1 meter.
- Cover your mouth and nose with a mask.
- Wash your hands with soap and water or use an alcohol based hand sanitizer.
- Don't touch your eyes, nose or mouth with unwashed hands.
- Seek medical care if you experience any symptoms.

### Common Symptoms of COVID-19 Infection



Fever



Headache,  
Muscle Aches



Cough



Sore Throat,  
Breathlessness