

# COVID-19 FACT SHEET



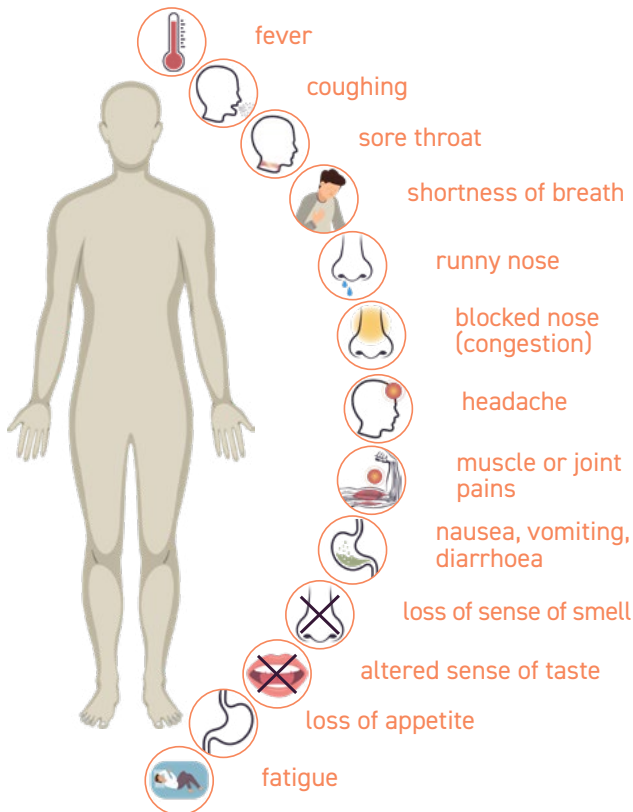
## ABOUT

Coronaviruses are a large family of viruses that cause respiratory infections which can range from the common cold to more serious diseases.

COVID-19 viruses can mutate themselves (e.g. change structure) when they replicate (e.g. make copies of themselves). Viruses that have mutated in this way are called variants.

## SIGNS & SYMPTOMS

Symptoms can range from mild illness to pneumonia. Symptoms can include:



If you experience these symptoms, contact your GP or HCP.

## HOW IT SPREADS

The virus can spread from person to person through:

- Close contact with an infectious person (including in the 48 hours before they had symptoms)
- Contact with droplets from an infected person's cough or sneeze
- Touching objects or surfaces (like doorknobs or tables) that have droplets from an infected person, and then touching your mouth or face.

## PREVENTION & TREATMENT

Practise good hygiene:

- Wash your hands
- Keep home and workplaces clean
- Cover your mouth when you cough.

## VACCINES

Ensure you are up to date with your COVID-19 vaccination as recommended by your GP or HCP.

