

## About This Booklet.

This booklet is issued by Waredock to increase awareness in Coronavirus at Waredock partners logistics centers. It summarizes WHO's standard recommendations for the general public to reduce exposure to and transmission of a range of illnesses. As such the booklet is informative only. Waredock is not responsible for the suitability of the recommendations.

For latest information and recommendations by WHO visit [www.who.int](http://www.who.int)

## Waredock: Distribution Infrastructure As A Service

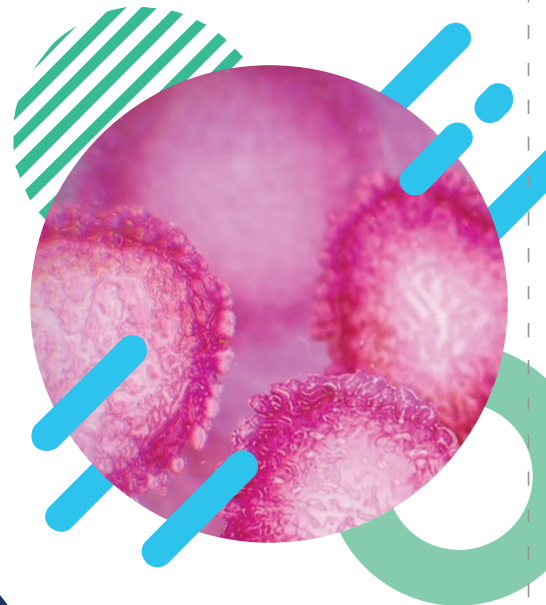
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## Reduce Your Risk in **Coronavirus** Infection



# What is Coronavirus?

On 31 December 2019, World Health Organization (WHO) was alerted to several cases of pneumonia in Wuhan City, China. The virus did not match any other known virus. The new virus is a coronavirus, which is a family of viruses that include the common cold, and viruses such as SARS and MERS. This new virus was temporarily named "2019-nCoV."

Because this is a coronavirus, which usually causes respiratory illness, WHO has advice to people on how to protect themselves and those around them from getting the disease.



## Clean hands

Frequently clean hands by using alcohol-based hand rub or soap and water



## Protect others

When coughing cover mouth with flexed elbow or tissue – throw tissue away immediately and wash hands



## Seek early assistance

If you have fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider



## Avoid contact with sick people

Avoid close contact with anyone who has fever and cough



## Cook meat and eggs

The consumption of raw or undercooked animal products should be avoided. Raw meat, milk or animal organs should be handled with care, to avoid cross-contamination with uncooked foods, as per good food safety practices.



## Avoid wild animals

When visiting live markets in areas currently experiencing cases of novel coronavirus, avoid direct contact with live animals.

