

Coronavirus

Now is not the time for panic. While it's completely understandable to be worried, your best bet to getting through this unscathed is to channel that anxious energy into doing what you can to stop Coronavirus from spreading.

Coronavirus

How do I protect myself?

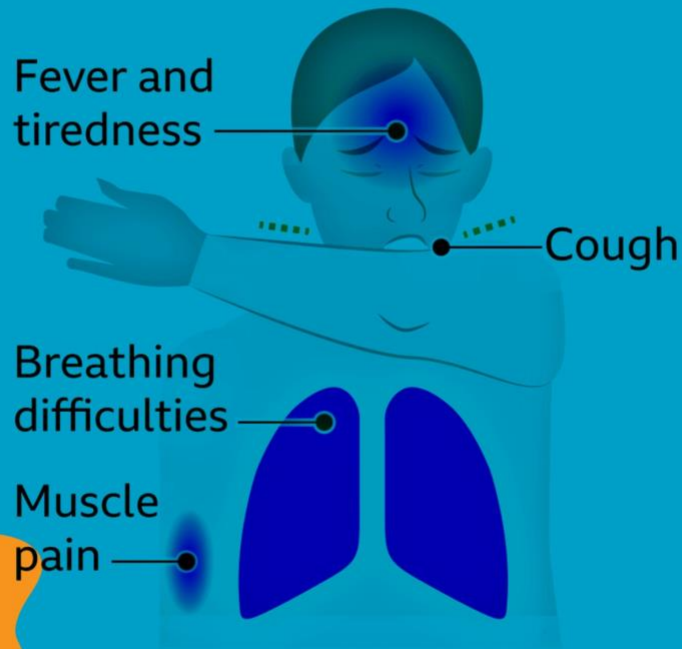
- Wash hands for 20 seconds with soap and hot water or use a sanitizer gel.
- Use a tissue for coughs and sneeze.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are unwell.



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What are the symptoms?



If you think you have the virus, these are the symptoms to look out for.

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Can someone spread the virus without being sick?

- People are thought to be most contagious when they are most symptomatic (the sickest).
- Some spread might be possible before people show symptoms; like coronavirus, but this is not thought to be the main way the virus spreads.

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.

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What is the incubation period of the coronavirus?

An incubation period is the time between being exposed to a germ and having symptoms of the illness. Current estimates suggest that symptoms of COVID-19 usually appear around five days on average, but the incubation period may be as short as two days to as long as 14 days.

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Will warm weather stop the outbreak of COVID-19?

It is not yet known whether weather and temperature impact the spread of COVID-19. Some other viruses, like the common cold and flu, spread more during cold weather months but that does not mean it is impossible to become sick with these viruses during other months.



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