**Coronavirus (COVID-19)**

<table>
<thead>
<tr>
<th>No.</th>
<th>WHAT? HOW?</th>
<th>DO NOW!</th>
</tr>
</thead>
</table>
| 1.  | Feeling unwell? *Cough, Fever, runny nose, Difficulty in Breathing?* | • Stay home – See a doctor  
• Please do NOT go to the Mosque or any public places or public events.  
• Cover mouth and nose when coughing and sneezing by using a tissue or sneezing into the sleeve. Then dispose of the used tissue immediately. |
| 2.  | Have you travelled outside USA? | • Stay at home if you begin to feel unwell, even with mild symptoms such as headache or runny nose until you recover.  
• For the next 14 days, monitor your health for fever, cough and difficulty breathing; and see a doctor if needed. |
| 3.  | What are the Symptoms of Coronavirus disease? | • Fever  
• Cough / Sneeze  
• Difficulty in breathing  
• Sore throat, runny nose, muscle aches |
| 4.  | What treatment is available? | • Currently, there is no specific treatment for Coronavirus.  
• Medical care is supportive and aims to help relieve symptoms and prevent complications.  
• You must get medical help if you have any of the above symptoms or feeling unwell. |
| 5.  | How can I protect myself against Coronavirus? | Maintain high levels of personal hygiene, including:  
• **Handwash frequently** - Wash hands before and after food preparation, before eating, after using the washroom, after touching the nose or mouth, after coughing or sneezing, after changing diapers and whenever else hands are dirty.  
• **Avoid touching your eyes, mouth, nose or face.**  
• **Avoid touching doorknobs, handrails, faucets** and surfaces in public area  
• **Maintain Social Distance** - Stay at least 1 meter (3 feet) away from people who are coughing or sneezing.  
• **Avoid handshakes** during current situation  
• **Frequently clean surfaces and materials** around you such as phones, keyboard, mouse, TV remotes, pens, stationary tools etc. |

*It is only “us” who can beat the virus!*