



For information go to  
[www.internationalsos.com/  
coronavirus](http://www.internationalsos.com/coronavirus)



## TOP TIPS FOR MENTAL HEALTH IN A CRISIS

- 1 **Research and learn**
- 2 **Accept** your worries
- 3 **Look after yourself**
- 4 **Consider** the information you receive
- 5 **Focus** on what you can control
- 6 **Think about prevention**, not avoidance
- 7 Think about your **impact on others**
- 8 Focus on the **present moment**
- 9 Be prepared to **say 'no'**
- 10 Don't be afraid to **ask for help**

For more information on this:

[www.internationalsos.com/client-magazines/looking-after-yourself-during-the-coronavirus-outbreak](http://www.internationalsos.com/client-magazines/looking-after-yourself-during-the-coronavirus-outbreak)

# CORONA- VIRUS DISEASE (COVID-19)



**DISCLAIMER:**

This pocket guide has been developed for educational purposes only. It is not a substitute for professional medical advice. Should you have questions or concerns about any topic described here, please consult your medical professional.

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## What is COVID-19?

A new virus, Coronavirus disease (COVID-19) is causing outbreaks of **RESPIRATORY INFECTION**.

Some cases are **MILD**, but some are **SEVERE** and can be lethal.



### IF YOU DEVELOP SYMPTOMS, SEEK MEDICAL CARE.

Inform your healthcare provider prior to the visit about your travel history and any potential exposure.

## SYMPTOMS INCLUDE:



Fever



Cough



Sore throat



Shortness of breath  
/ Difficulty breathing



## PREVENTION

Maintain good **PERSONAL HYGIENE**

**WASH HANDS FREQUENTLY**  
carry hand sanitiser

Avoid **TOUCHING YOUR FACE**

**AVOID DIRECT CONTACT** with animals and their environment

Ensure food, including eggs, is **THOROUGHLY COOKED**

Keep away from **PEOPLE WHO ARE SICK**

**DO NOT TRAVEL** if you think you are ill