

# What is COVID-19?

COVID-19 is a disease caused by the coronavirus SARS-CoV-2. It usually spreads from person to person. When an infected person breathes, speaks, coughs, sneezes or sings, they may spread particles containing the virus. It affects your lungs, airways and other organs.

## The most common symptoms



New or worsening cough



Sneezing and runny nose



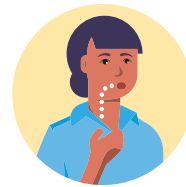
Fever



Temporary loss of smell or altered taste



Sore throat



Shortness of breath

## How can you protect yourself?

- Get vaccinated
- Regularly wash and thoroughly dry your hands
- Sneeze and cough into your elbow
- Keep two metres away from other people
- Clean or disinfect shared surfaces often
- Wear a mask or face covering
- Keep track of where you've been

## Who's most at risk?

People who are older or have an underlying medical conditions

## Feel sick?

- Call Healthline (0800 358 5453) – a free, 24/7 service
- Get a test
- Stay at home while you wait for your test result