



Collective Prevention Services

COVID-19

is a respiratory infectious disease, caused by SARS-COV-2 (Corona virus).

Symptoms

Mainly: Fever, cough, shortness of breath

80 % results in mild symptoms

Additional: losing taste, diarrhea, headache, muscle ache, vomiting

Risk of serious illness rises with age and weakened immune systems such as diabetes, heart and lung disease.

COVID-19 spreads in a similar way as a flu

1. Respiratory droplets: through coughing or sneezing by an infected person

The droplets land fast on the ground

2. Contact with persons: for example by shaking hands, kissing or

hugging with an infected person

3. Contact of surfaces: for example by touching a surface on which infected

droplets have fallen or has been touched by an infected person

Prevention Works!

HELP STOP COVID-19

Sint Maarten Coronavirus Information Hotline

914

DO THE FIVE

- HANDS**
Wash them often
- ELBOW**
Cough into it
- FACE**
Don't touch it
- FEET**
Stay more than 6 ft. apart
- FEEL**
Sick? Stay Home



Collective Prevention Services

COVID-19 is a NEW disease

COVID-19 is a new strain of a coronavirus that has not been previously identified in humans and it can spread from person to person, all over the world.

Therefore:

- Nobody has ever been exposed to the virus
- Everybody can get infected for the first time

- Infected persons can spread the virus to other persons
- There is not yet immunity against the virus
- There is no treatment yet
- There are no vaccines developed
- The cure and care for patients is focused on relieving symptoms
- Persons with severe respiratory infections sometimes need ventilation or oxygen and will be hospitalized

Incubation period

Most estimates of the incubation period for COVID-19 range from 1-14 days, most commonly around five days.

Contagious period

2 days before, until the day the person has no symptoms at all.

When an infected person is coughing and sneezing, s/he will be more contagious for other persons.

We take care of each other

- Take precautions and measures to prevent you and your contacts getting ill
- People treat each other with care, respect and understanding
- Health care workers can help when you are sick
- Do not delay and do not be afraid to call for help when you feel sick
- Call your doctor when you feel sick
- Call 914 when you want information about COVID-19