

# Everyone should be informed of the facts of COVID 19.

## We are all in this together.

### MYTH

People cannot recover from COVID-19 - as the virus can only be managed.

### FACT

Most people who have COVID-19 completely recover from COVID-19 symptoms and cannot pass it on to others once they test negative through a test from the MOH.



Remember: COVID-19 affects people differently. People may be asymptomatic (meaning do not have symptoms), have mild symptoms, or experience severe symptoms like shortness of breath, body aches and fever. Everyone who has COVID-19 symptoms, even if they are mild, or knows or suspects they have been exposed to the virus should call 977 for guidance on management.

We protect each other by: practicing physical distancing, staying at home (if you don't feel well)



Frequent handwashing with soap for at least 20 seconds



Wearing a cloth covering over our nose and mouth in public places



Coughing or sneezing into your elbow



Practice physical distancing by maintaining 1 metre distance between you and others



Avoid touching your eyes, nose and mouth



Stay at home if you feel sick