

Are you, a colleague or a family member showing these symptoms?



Fever



Cough



Tiredness



Shortness of
breath



Loss of taste
or smell



Muscle ache



Sore throat



Headache



Rash on skin



Redness of eyes



Diarrhoea



Discoloured
fingers and toes

Do not ignore the warning signs.
Reach out to your nearest
healthcare provider for support.

Know first to act fast!

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