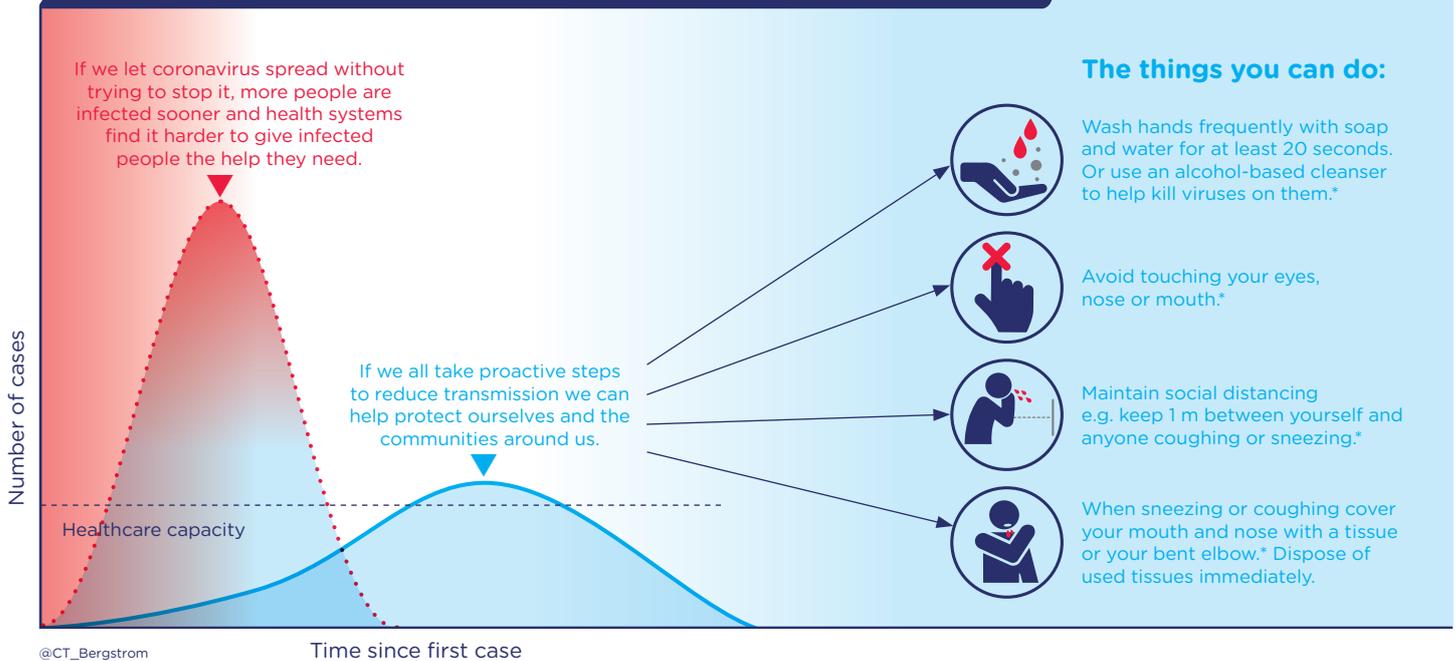# How to protect yourself against coronavirus

1. WHAT IS CORONAVIRUS?

COVID-19 is part of a family of viruses, called coronaviruses. COVID-19 is highly infectious. The main symptoms of COVID-19 are fever, tiredness and dry cough.

2. HOW CAN WE REDUCE THE SPREAD OF CORONAVIRUS?

If we let coronavirus spread without trying to stop it, more people are infected sooner and health systems find it harder to give infected people the help they need.

If we all take proactive steps to reduce transmission we can help protect ourselves and the communities around us.

Number of cases

Healthcare capacity

@CT_Bergstrom

Time since first case

The things you can do:

Wash hands frequently with soap and water for at least 20 seconds. Or use an alcohol-based cleanser to help kill viruses on them.*

Avoid touching your eyes, nose or mouth.*

Maintain social distancing e.g. keep 1 m between yourself and anyone coughing or sneezing.*

When sneezing or coughing cover your mouth and nose with a tissue or your bent elbow.* Dispose of used tissues immediately.

If you feel unwell stay at home. Phone for medical advice if you have a fever, cough and find breathing difficult.*

3. AT THE DENTIST

Be reassured that dentists wear clean, single-use masks and gloves to **protect patients from all infections.**

If you are coughing or sneezing **you might be asked to wear a clean mask** in the dentist's waiting room.

Your dental professional team is highly trained in infection control – keeping the clinic medically clean, protecting people in the waiting room and sterilising all equipment.

Non-urgent procedures may be delayed until the peak of infection has passed.

If you are **concerned about attending** a dental appointment, please call:

If this practice has to close and you need emergency dental care, please call:

*Guidance from the World Health Organization

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