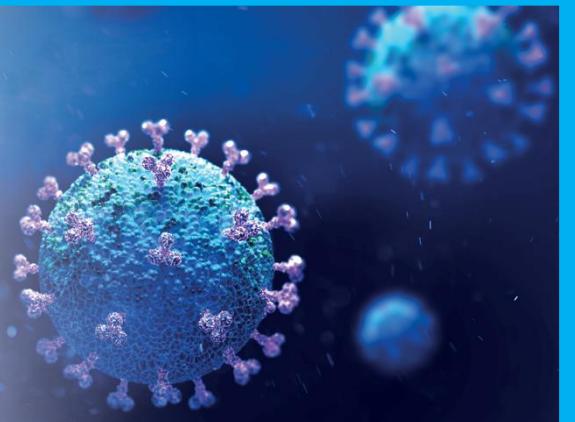


# Managing Symptoms

THROUGHOUT  
THE COVID-19  
PANDEMIC



**THESE COVID-19 SYMPTOMS MAY APPEAR 2 TO 14  
DAYS AFTER EXPOSURE TO THE VIRUS**



Cough



Sneezing



Headache



High  
temperature



Dizziness



Muscle pain



Shortness of  
breath



Chest pain

## IF YOU EXPERIENCE THESE SYMPTOMS

- Stay at home
- Monitor your symptoms
- Seek medical attention
- Rest and stay hydrated

**DO YOUR PART TO STOP THE VIRUS SPREADING**

