

# Pacific Prime's CORONAVIRUS AVOIDANCE GUIDE

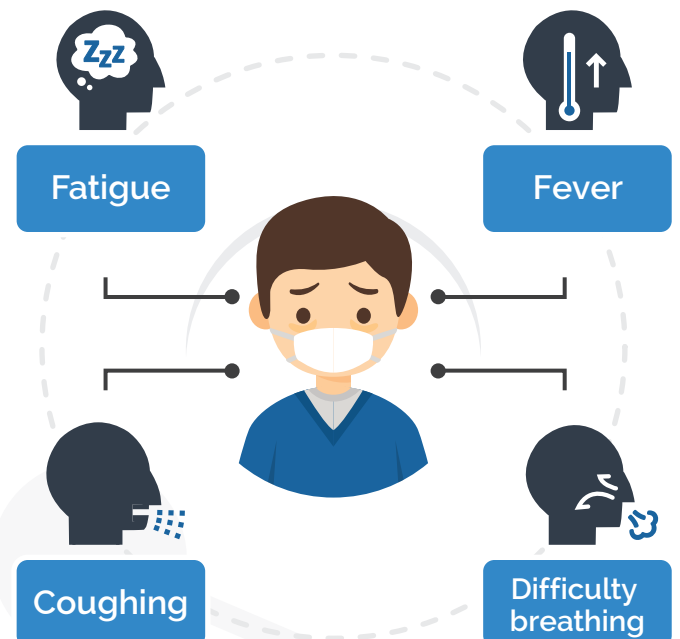
With an increasing number of confirmed cases across the globe, staying safe from the new coronavirus outbreak becomes harder and harder. In light of this alarming news, we've compiled a comprehensive to-do list to help you stay safe amidst the outbreak.

## ! COVID-19 - What We Know So Far

- The virus first appeared in the city of Wuhan, China.
- Human-to-human transmission has been confirmed.
- Transmission is possible during the virus's incubation period (*before symptoms appear*).
- There is currently no cure for the virus.
- Its symptoms are similar to those of other respiratory diseases.

## ! SYMPTOMS

The symptoms associated with COVID-19 are still unclear. So far, confirmed patients have reported the following symptoms:



## ! STAYING SAFE - Avoid Transmission

Here are a few easy tips to help you avoid a coronavirus infection:



Keep your distance from any asymptomatic person.



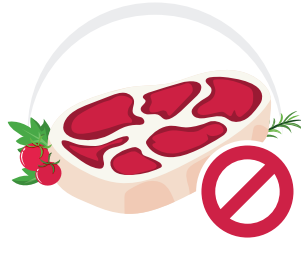
Wash your hands with soap regularly (at least 20 seconds each time).



Wear a surgical mask to lower transmission risks (use a new mask every day).



Stay away from stray animals and animal markets.



Avoid uncooked meat.



Avoid crowded and unventilated areas.



Do not touch your mouth, nose, or eyes with unwashed hands.

## ! IF YOU HAVE ANY OF THE CORONAVIRUS SYMPTOMS



Visit a nearby hospital as soon as possible to get a proper diagnosis.



Avoid direct contact with another person to prevent spreading the virus.



Wear antiviral masks at all times.



Stay home as much as possible and avoid traveling.

? *If you have any further questions about health insurance coverage for coronavirus treatment, feel free to contact our team of experts at Pacific Prime at any time.*

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