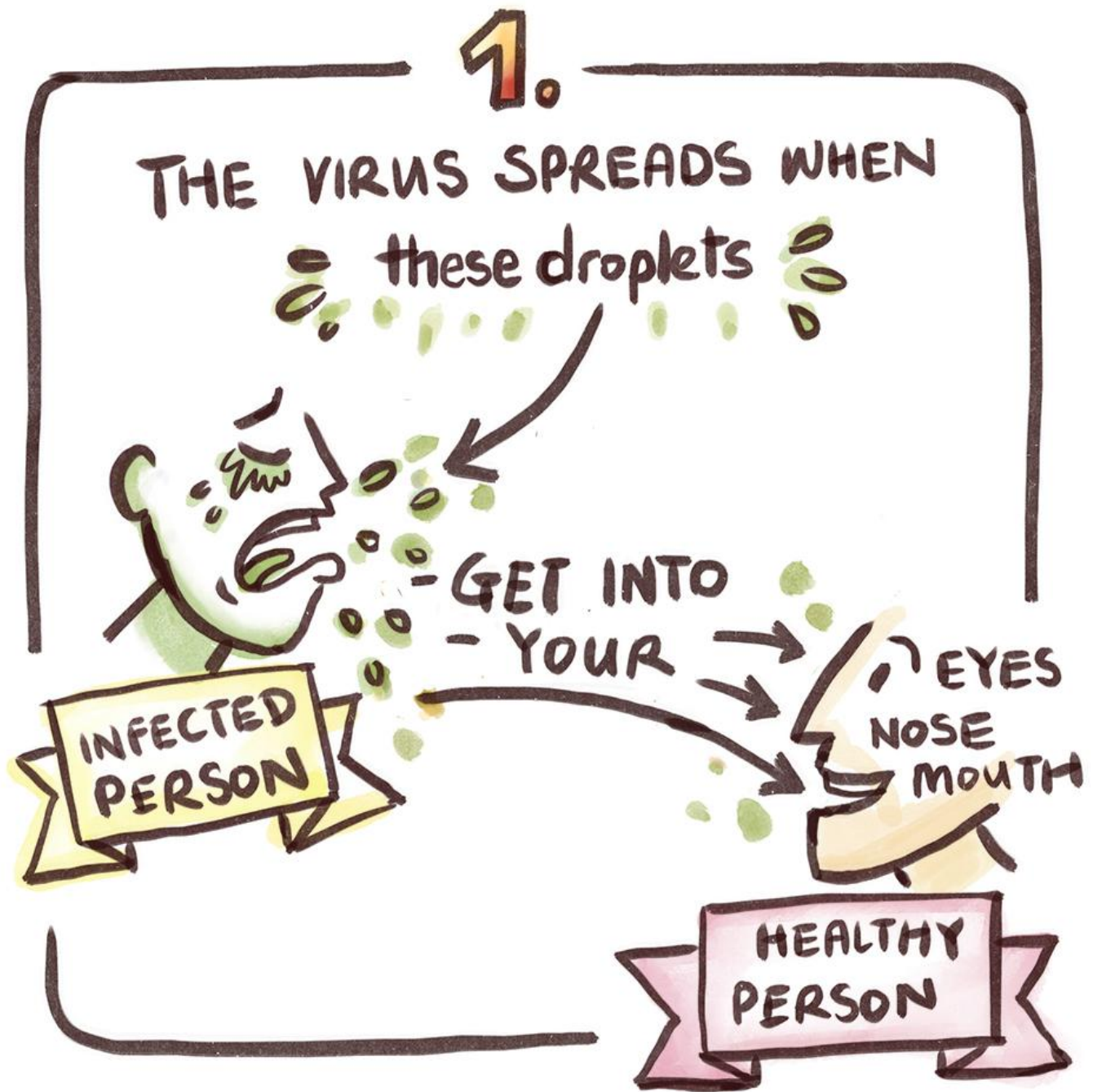


THERE'S 3 THINGS
TO KNOW ABOUT HOW
COVID-19
SPREADS

EXTENDED & REVISED EDITION

Page 1 of 24

Revised edition is based on WHO and CDC advisories, feedback from readers from 1st version, and scientific understanding of the virus up to 25 April 2020. The contents have been vetted by Dr. Lee Yew Fong, MBBS, MHM, PhD Candidate (Global Health)



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Reference: CDC, WHO

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

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HOWEVER, IT IS NOT EASY TO TELL WHO IS INFECTED.

SOME INFECTED PEOPLE SHOW THESE SYMPTOMS

1. DRY COUGH
2. FEVER
3. DIFFICULTY BREATHING



WHICH CAN LOOK LIKE FLU OR OTHER ILLNESSES,



WHILE A LARGE NUMBER OF INFECTED PEOPLE FEEL FINE AND LOOK HEALTHY, BUT CAN STILL INFECT OTHERS.

THEY MIGHT NOT KNOW THEY ARE INFECTED TOO!

Page 3 of 24

Reference: WHO, CDC, Healthline

<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

<https://www.healthline.com/health-news/50-percent-of-people-with-covid19-not-aware-have-virus>

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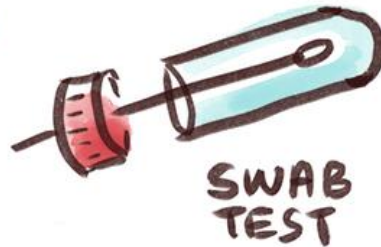
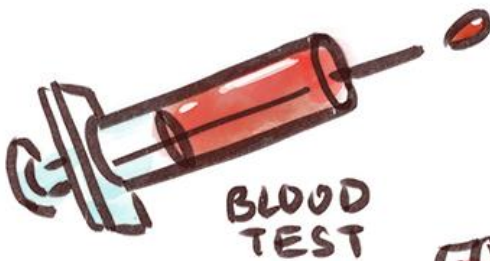
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THE ONLY WAY TO TELL, IS WITH COVID-19 TESTS THAT MIGHT BE DIFFICULT TO GET.

TESTS MIGHT INCLUDE



X-RAY
SCAN



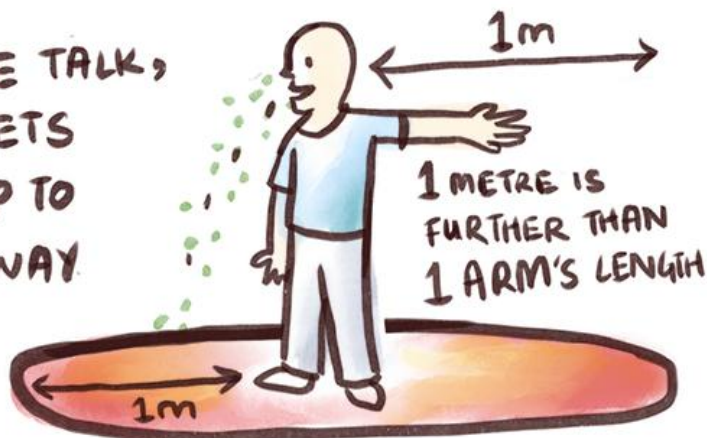
THESE WILL HAVE TO BE DONE BY A MEDICAL PROFESSIONAL TO ENSURE IT IS ACCURATE.

FOR NOW, IT MIGHT BE SAFER TO ASSUME EVERYONE ELSE IS INFECTED AND...

PRACTISE PHYSICAL DISTANCING*

① KEEP AT LEAST 1 METER* AWAY FROM ANYONE IN PUBLIC...

WHEN PEOPLE TALK, THEIR DROPLETS CAN FALL UP TO 1 METER AWAY



TO AVOID GETTING THEIR DROPLETS ONTO YOUR BODY & CLOTHES, OR INTO YOUR LUNGS.

* ALSO KNOWN AS "SOCIAL DISTANCING".

* WHO ADVISES 1M, CDC ADVISES 2M, SO FOLLOW YOUR COUNTRY'S GUIDELINES.

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Reference: WHO, CDC

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>

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② IF YOU SEE SOMEONE COUGHING OR SNEEZING, MOVE FURTHER THAN 1M AWAY.



THAT'S BECAUSE DROPLETS CAN TRAVEL MUCH FURTHER ON A COUGH OR SNEEZE.

SO GET OUT OF ITS WAY!

③ AVOID CLOSE, PHYSICAL CONTACT LIKE HUGS, KISSES, AND HANDSHAKES WITH PEOPLE YOU DON'T LIVE WITH,



AND REPLACE THEM WITH OTHER GREETINGS



WAVING



HAND ON
HEART BOW



AIR KISS

BUT WHAT ABOUT YOURSELF?

DON'T FORGET, YOU MIGHT FEEL HEALTHY BUT STILL HAVE COVID-19, SINCE NOT EVERYONE WITH THE DISEASE FEELS UNWELL.



AND WHEN YOU BREATHE OR TALK, YOUR DROPLETS MIGHT FALL ONTO THOSE NEAR YOU, SPREADING THE VIRUS TO OTHERS WHO MIGHT FALL VERY SICK, AND MAY EVEN DIE.

HENCE, SOME COUNTRIES HAVE MADE IT COMPULSORY FOR EVERYONE TO WEAR FACE MASKS*. IT CAN BE...

A CLOTH



A HOMEMADE MASK



OR A SURGICAL MASK



AS LONG AS IT KEEPS YOUR OWN RESPIRATORY DROPLETS IN, TO AVOID INFECTING OTHERS.

* PLEASE FOLLOW YOUR GOVERNMENT GUIDELINES ON MASKS, AS EACH COUNTRY IS DIFFERENT.

Page 9 of 24

Reference: CDC

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

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THE IDEA IS THAT, IF EVERYONE COVERS THEIR MOUTH AND NOSE, IT WILL BE HARDER FOR INFECTED PEOPLE WHO DON'T KNOW THEY HAVE COVID-19 TO SPREAD THE VIRUS TO OTHERS.

SARA IS INFECTED BUT DOESN'T KNOW IT

KELLY IS SAFER BECAUSE SARA WORE A MASK



IT IS STILL IMPORTANT TO KEEP YOUR DISTANCE, EVEN WITH MASKS ON, JUST TO BE SAFE!

AND IN GENERAL...

STAY HOME,



AVOID GATHERING
IN GROUPS,



AND TRY NOT TO VISIT PEOPLE WHO
ARE MORE VULNERABLE TO THE VIRUS.

- OLDER PEOPLE ABOVE 65 YEARS OLD
- ANYONE WITH UNDERLYING MEDICAL CONDITIONS LIKE LUNG OR HEART DISEASE, OR DIABETES.
- PEOPLE WITH ASTHMA OR POOR IMMUNITY

STAY IN TOUCH
WITH THEM IN
OTHER WAYS! ❤️



Page 11 of 24

Reference: CDC, UN Open Call out to Creatives

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html>

<https://talenthouse-res.cloudinary.com/image/upload/v1/invites/xlukvopj6jspstj93pvi>

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IF YOU HAVE FEVER, COUGH, OR
DIFFICULTY BREATHING,

① SEE A DOCTOR, AND TAKE
SPECIAL STEPS BEFORE VISITING

★ CALL YOUR
CLINIC OR
HOSPITAL
IN ADVANCE



★ WEAR A
MASK OR
COVER
YOUR MOUTH
& NOSE WHEN
YOU GO



AND FOLLOW THE
ADVICE OF YOUR
LOCAL HEALTH
AUTHORITIES



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Reference: CDC

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

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② STAY HOME
AS MUCH AS POSSIBLE



AND...

③ COVER UP
WHEN COUGHING
OR SNEEZING, TO
REDUCE THE
SPREAD OF
INFECTED
DROPLETS



BENT
ELBOWS



MASKS



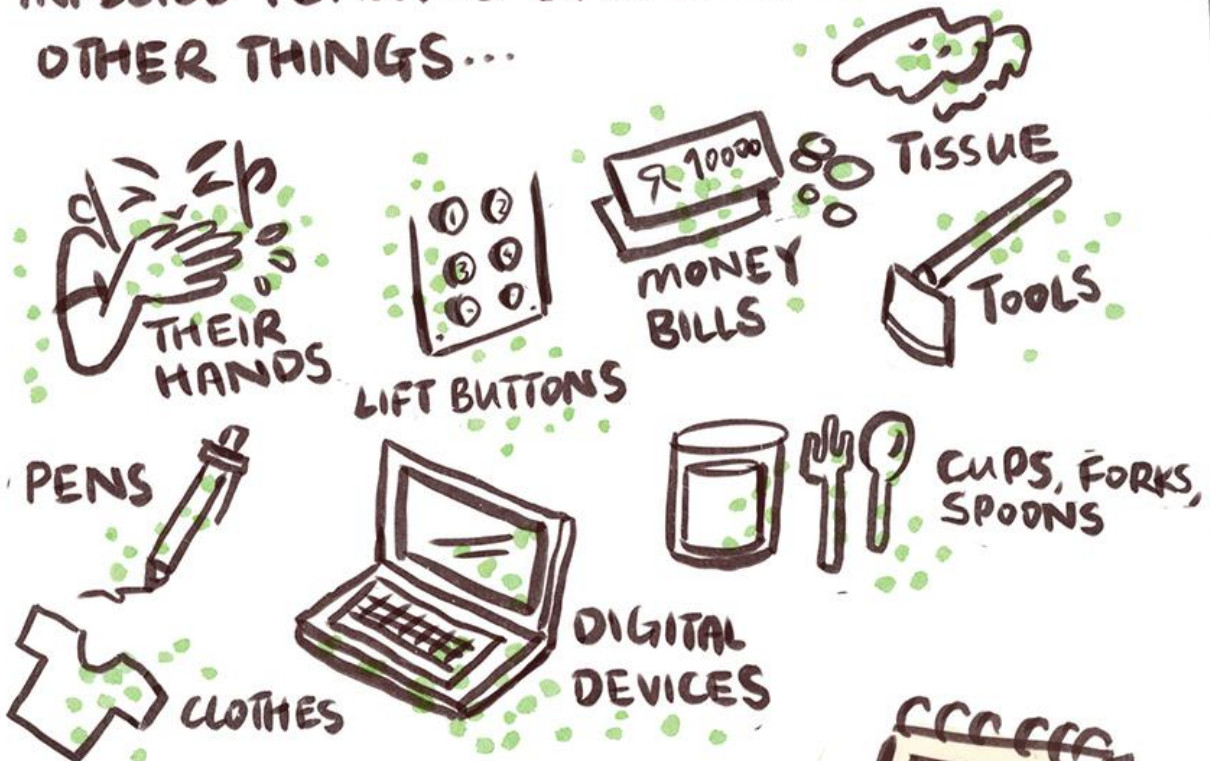
TISSUES

← THROW
THESE AWAY
IMMEDIATELY
INTO A
CLOSED
BIN



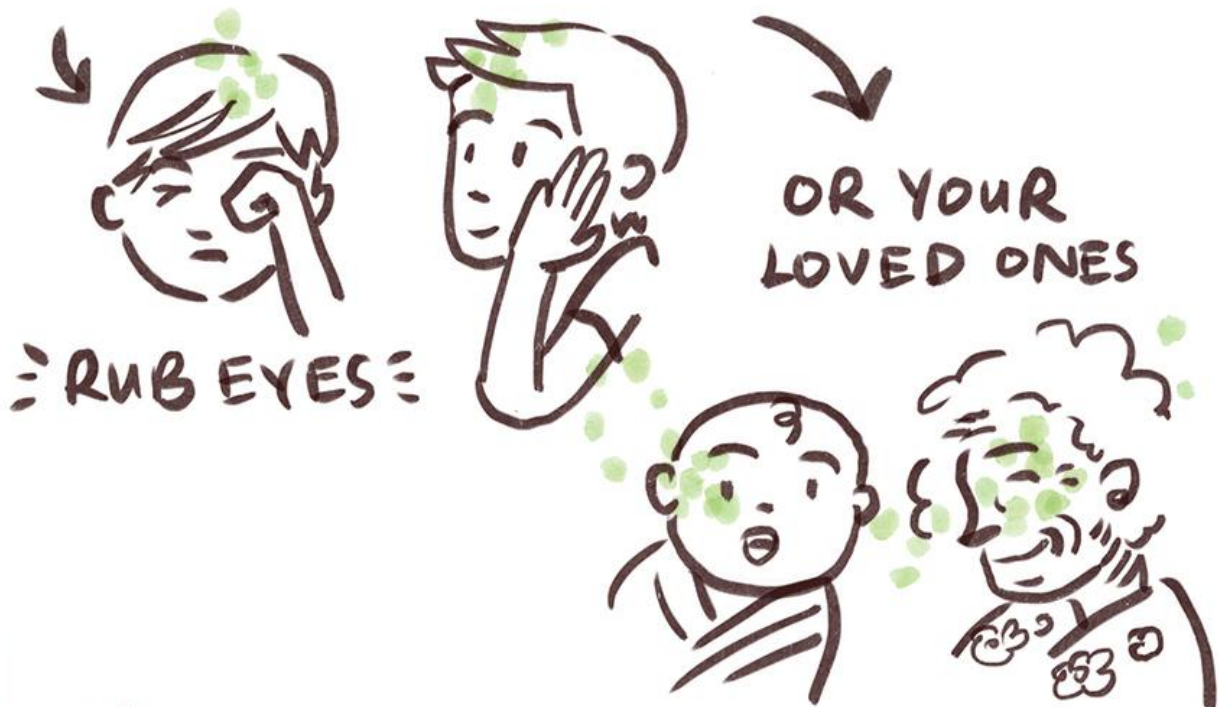
2.

THE VIRUS ALSO SPREADS WHEN AN INFECTED PERSON'S DROPLETS GETS ONTO OTHER THINGS...



AND VIRUSES CAN LAST FOR UP TO A FEW DAYS ON OBJECTS.

IF YOU TOUCH ANY OF THESE THINGS BY ACCIDENT, AND THEN TOUCH YOUR FACE,



YOU MIGHT ALL BECOME INFECTED.

Page 15 of 24

Reference: CDC

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>

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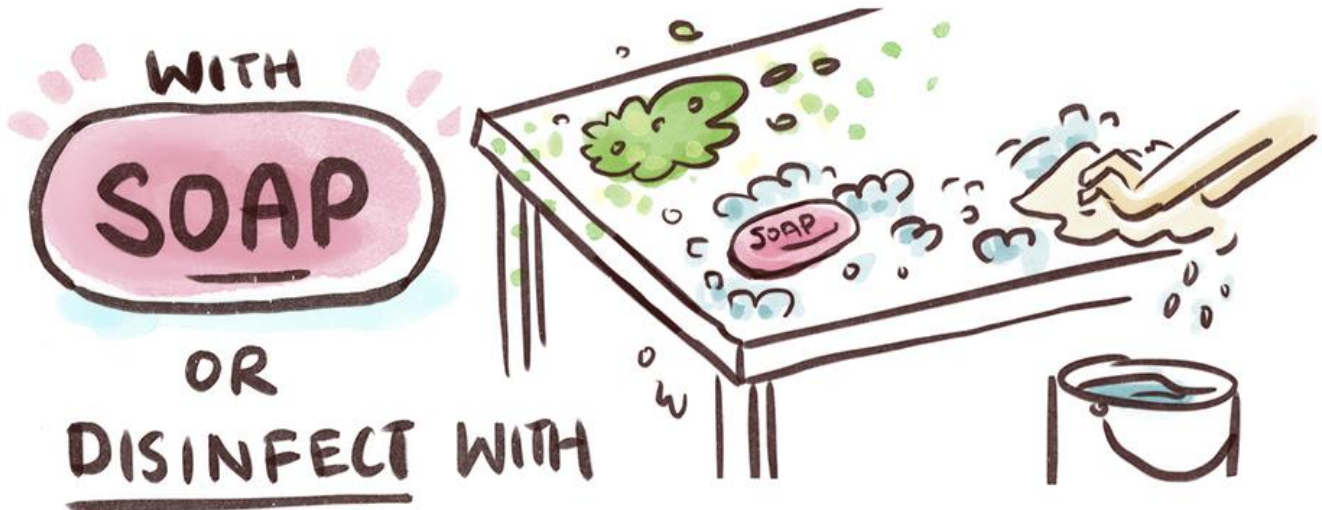
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SO CLEAN YOUR THINGS OFTEN,

ESPECIALLY THINGS
YOU USE FREQUENTLY



OR THINGS THAT MANY
PEOPLE TOUCH



HOUSEHOLD BLEACH OR ALCOHOL.

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Reference: CDC

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html>

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KEEP YOUR HANDS CLEAN BY WASHING OFTEN WITH

SOAP AND WATER

OR

ALCOHOL BASED HAND RUB

TO KILL VIRUSES ON YOUR HANDS.



TIP

IF YOU CAN SEE OR FEEL THAT YOUR HANDS ARE DIRTY, USE SOAP & WATER, BECAUSE THE HAND RUB WILL NOT WORK AS WELL.



MAKE SURE YOU CLEAN ALL THESE AREAS



WHEN USING **(SOAP)** & WATER, WASH FOR AT LEAST



ENOUGH TIME TO SING HAPPY BIRTHDAY TWICE   x2

WHEN USING ALCOHOL BASED HAND RUB, APPLY A PALMFUL AND



Reference: CDC

<https://www.cdc.gov/handwashing/show-me-the-science-hand-sanitizer.html>

<https://www.cdc.gov/handwashing/show-me-the-science-handwashing.html>

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CLEAN YOUR HANDS ...

- BEFORE YOU EAT



- BEFORE YOU COOK



- BEFORE YOU SERVE



- AND AFTER BEING OUT IN THE PUBLIC



AND AVOID TOUCHING YOUR FACE



3.

THE MORE PEOPLE MEET UP IN DIFFERENT GROUPS, THE MORE IT SPREADS.



THINK OF HOW MANY PEOPLE YOU MEET IN A DAY.



IF JUST ONE OF THEM IS INFECTED,
THE VIRUS MIGHT SPREAD THROUGH
YOU TO EVERYONE ELSE



WHO WILL THEN BRING THE VIRUS TO
THEIR HOMES, SCHOOLS, WORKPLACES,
FRIENDS, ELDERLY PARENTS & KIDS.

IF YOU ARE ABLE TO WORK OR STUDY AT HOME, AND VISIT ONLY ESSENTIAL PLACES WHEN YOU NEED TO, IT WILL HELP TO GREATLY REDUCE THE SPREAD.



SO LET'S DO OUR PART TO STAY SAFE AND PROTECT OTHERS FROM THE VIRUS!

LET'S ALL WORK TOGETHER TO



Why do countries and health organisations have different guidelines, and which should I follow?

Each country has a different approach to tackling the virus because their situation and access to resources are different. Guidelines for citizens in dense cities will be different from those in sprawling countrysides. Countries whose citizens do not have easy access to fresh water might emphasis hand sanitising over hand washing to keep hands clean. The comic outlines the key precautions broadly, but suggests for readers to follow their country's guidelines and their own common sense.

Acknowledgments

Thanks go to senior doctor **Dr. Lee Yew Fong**, MBBS, MHM, PhD Candidate (Global Health) for extensively vetting and reviewing this comic. Any mistakes are mine. **CDC** and **WHO** sites referenced are cited at the bottom of each image.

Additional Resources

WHO COVID19 Q&A

<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

CDC Coronavirus Disease 2019 (COVID-19)

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

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is created by @weimankow for @comicsforgood*



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x



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- 2. Governments or government linked organisations*
- 3. NGOs*
- 4. Professional translators*
- 5. Healthcare workers*

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