

How COVID-19 affects the whole body

Ears, nose and mouth

- areas where COVID-19 enters the body
- patients can also acquire COVID-19 by touching objects that are contaminated and then touching these areas

Lungs

- virus can cause lung complications such as pneumonia and acute respiratory distress syndrome
- sepsis can also occur, meaning the body's immune system overreacts and attacks the body's organs³

Gastrointestinal Tract

- COVID-19 patients often experience GI symptoms such as pain, diarrhea and vomiting
- patients also reported nausea or vomiting, diarrhea and lack of appetite

Brain

- inflammation brought on by COVID-19 can increase risk of stroke¹
- new evidence suggesting COVID-19 can also cause dementia like symptoms²

Heart

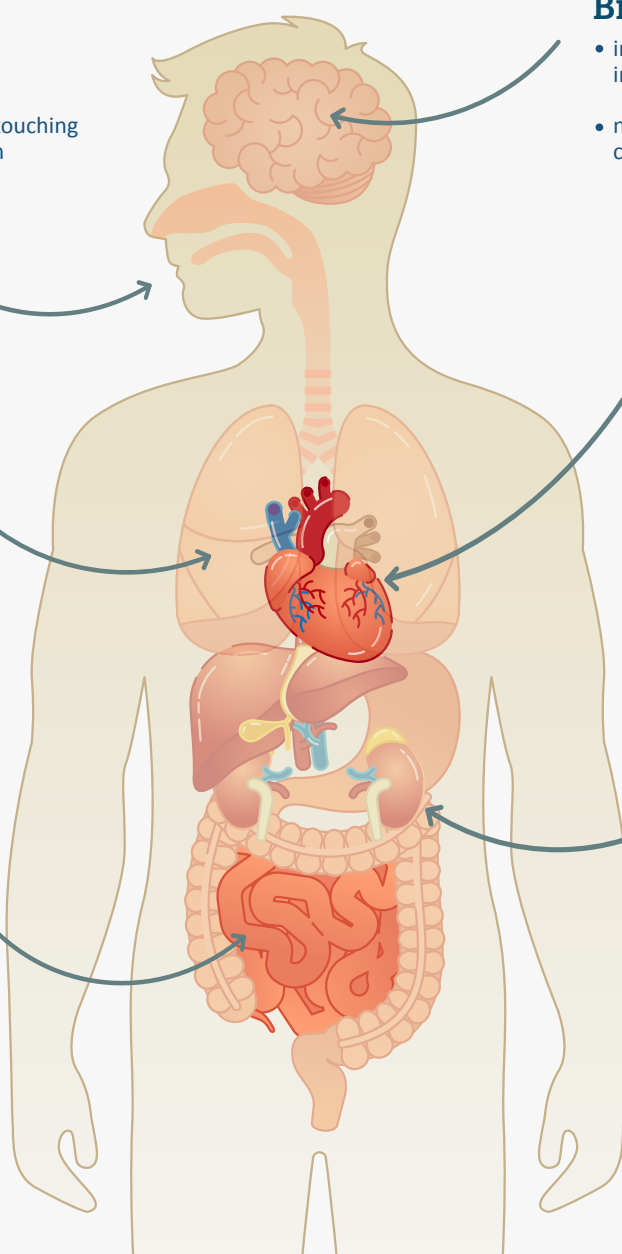
- widespread inflammation brought on by COVID-19 may cause heart damage due to blood clots⁴
- clots can obstruct blood flow to the heart from the arteries

Kidneys

- up to 30 per cent of patients hospitalized with COVID-19 experienced moderate or severe kidney injury⁵
- doctors believe that the virus attaches itself to kidney cells; once attached, the virus can replicate and damage the kidneys

Skin

- COVID-19 toes — red or purple rashes that show up on the toes of COVID-19 patients, many of them children
- researchers theorize that tiny blood clots may occur in the tiny capillaries of the toes and fingers⁷



Decrease the spread of COVID-19:



- Stay home unless you need to go out to get essentials like groceries or medication
- Practice social distancing by keeping a distance of at least 2 metres from other individuals
- Wash your hands frequently with soap and water
- Avoid touching your face
- Clean regularly touched items such as toilets, sink tap handles and doorknobs