



## COVID-19 FACTSHEET AND UPDATES

### WHAT YOU SHOULD KNOW

Coronavirus disease 2019 (COVID-19) is a novel coronavirus belonging to the a family of viruses that can cause mild illnesses ranging from the common cold to more severe respiratory diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV). COVID-19 was first identified during an investigation into an outbreak in Wuhan, China.

### HOW IT SPREADS

The virus that causes COVID-19 spreads from person to person. When people are in close contact with one another (within about 6 feet) via respiratory droplets produced when an infected person coughs or sneezes . Infected surfaces or objects also can also transmit the virus if a person touches the infected area then touches their face (nose eyes mouth)

### SYMPTOMS

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of:

- Fever
- Cough
- Shortness of breath

*Some patients may develop more severe symptoms such as pneumonia in both lungs, multi-organ failure and in some cases death.*

*Some patients may be asymptomatic, they may carry the virus and spread it without showing symptoms.*

### TREATMENT

Covid 19 treatment depends on the severity of your symptoms, milder symptoms should be treated at home with lots of rest and fluids the same way you would treat a cold. Patients can rely on over the counter pain killers or other drugs prescribed by their health practitioner. Severe cases receive in hospital treatment.

## **PREVENTATIVE MEASURES**

Wash your hands thoroughly and frequently. With soap and water or alcohol-based hand rub. Avoid touching your eyes, nose and mouth with unwashed hands.

- Maintain social distancing, at least 1 meter (3 feet) distance between yourself and anyone who is coughing or sneezing.
- Practice respiratory Hygiene, cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.
- Clean and disinfect frequently touched objects and surfaces.
- If you are sick you are also responsible for other people.
- Stay home if you are feeling unwell, self-isolate if possible, seek medical attention and call in advance. Follow the directions of your local health authority.

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness.

## **USEFUL WEBSITES AND SOURCES**

For live updates on cases and deaths per country, you can visit the below website

<https://www.worldometers.info/coronavirus/>

for more information and continuous updates on the coronavirus you can also check the World Health Organization website

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

## **SOURCES AND REFERENCES**

*Centers for Disease Control and Prevention*

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>

*world health organization*

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