

CORONA VIRUS

WHAT IS NOVEL CORONAVIRUS?



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WHAT IS CORONAVIRUS?

Coronavirus is a type of virus belonging to a large family of respiratory viruses that can cause diseases ranging from mild to severe respiratory infections. This includes among others Severe Acute Respiratory Syndrome (SARS) and Novel Coronavirus (2019 – nCoV) reported in December 2019 in Wuhan City – Hubei Province, China and is spreading to other countries.

Coronaviruses are mostly transmitted from animals for example bats to humans. However the 2019 – nCoV (new strain of coronavirus) can pass from person to person.

HOW DOES THE NOVEL CORONAVIRUS SPREAD?

Novel Coronavirus is spread through aerosol droplets when coughing and or sneezing and contact with contaminated surfaces.

WHAT ARE SIGNS AND SYMPTOMS OF NOVEL CORONAVIRUS?

Coronavirus presents with flu like symptoms;

- High fever (more than 38 °C)
- Cough
- Difficulty in breathing
- Fatigue
- Headache

N:B Symptoms can be severe in people with weakened immune system, older people, long term chronic illness, chronic lung disease.

WHO IS AT RISK OF CONTRACTING THE VIRUS?

Any person who has travelled to affected places or countries where there is local transmission or a person who had close contact with an infected person.

IS THERE A CURE FOR NOVEL CORONAVIRUS?

Currently there is no known cure however, treatment for coronavirus infection is supportive which means treating symptoms like cough, headache and others.

WHAT ARE THE PREVENTION MEASURES?

Reduce the risk of infection;

- Frequently wash hands with soap and clean water or hand sanitizer where available.
- Cover the nose and mouth when sneezing with a flexed elbow or tissue. Throw the tissue safely and immediately wash hands with clean water and soap.
- Avoid direct contact with anyone with cold or flu like symptoms.

- If you have fever, cough or difficulty in breathing seek medical help and share travel history with the health care provider.

WHAT ARE PRECAUTION MEASURES FOR TRAVELLERS?

- If travelling practice good hygiene and avoid affected and crowded places.
- Make sure that you are screened at points of entry for early diagnosis and treatment.
- Arrivals from affected places are advised to minimize their movement for at least 14 days.

Wash hands with soap and clean water or hand sanitizer where available.