



## **CORONA VIRUS ALERTS**

### **Overview:**

**Corona virus disease (COVID-19)** [ Also called:2019-nCov, 2019 Novel Corona virus]

Corona virus disease (COVID-19) is an infectious disease caused by a new virus that had not been previously identified in humans.

The virus causes respiratory illness (like the flu) with symptoms such as a cough, fever and in more severe cases, pneumonia. You can protect yourself by washing your hands frequently and avoiding touching your face.

### **HOW IT SPREADS:**

The new corona virus spreads primarily through contact with an infected person when they cough or sneeze, or through droplets of saliva or discharge from the nose.

### **Symptoms:**

Corona virus disease (COVID-19) is characterized by mild symptoms including a runny nose, sore throat, cough, and fever. Illness can be more severe for some people and can lead to pneumonia or breathing difficulties. More rarely, the disease can be fatal. Older people, and people with other medical conditions (such as asthma, diabetes, or heart disease), may be more vulnerable to becoming severely ill.

### **People may experience:**

- runny nose
- sore throat
- cough
- fever
- difficulty breathing (severe cases)

### **Prevention:**

There is currently no vaccine to prevent corona virus disease (COVID-19).

You can reduce your risk of infection if you:

- Clean hands frequently with alcohol-based hand rub or soap and water
- Cover nose and mouth when coughing and sneezing with tissue or flexed elbow
- Avoid close contact (1 metre or 3 feet) with anyone with cold or flu-like symptoms

### **Treatments:**

There is no specific medicine to prevent or treat corona virus disease (COVID-19). People may need supportive care to help them breathe.

### **Self-care:**

If you have mild symptoms, stay at home until you've recovered. **Older adults and people who have severe underlying chronic medical conditions** like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness. Please consult with your health care provider about additional steps you may be able to take to protect yourself.

You can relieve your symptoms if you:

- rest and sleep
- keep warm
- drink plenty of liquids
- use a room humidifier or take a hot shower to help ease a sore throat and cough

### **Take steps to protect yourself**

Clean your hands often

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home if you're sick
- Cover coughs and sneezes
- Wear a facemask if you are sick

### **Medical treatments:**

If you develop a fever, cough, and have difficulty breathing, promptly seek medical care. Call in advance and tell your health provider of any recent travel or recent contact with travelers.

### **To Know more about:**

1. <https://www.mohfw.gov.in/>

2. <https://ncdc.gov.in/index4.php?lang=1&level=0&linkid=127&lid=432>

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

4. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/global-research-on-novel-coronavirus-2019-ncov>

5. <https://www.osha.gov/SLTC/covid-19/controlprevention.html#health>