

CORONA VIRUS NOVEL CORONAVIRUS (COVID-19)

On December 31st, 2019, the WHO Regional Office in China was informed of cases of pneumonia of unknown cause detected in Wuhan City in China. On January 7th, 2020, the Chinese authorities announced they had identified a new virus that causes these cases.

! What are Corona Viruses?

Corona viruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV).

! What are the species of corona viruses that have been discovered so far and that humans can be infected with from an animal source?

The SARS-CoV was transmitted from civet cats to humans in 2002 in China and MERS-CoV from dromedary camels to humans in 2012 in Saudi Arabia. Also, the novel coronavirus (COVID-19) had some link to the seafood and animal market in Wuhan, China.

19 What is (COVID-19)?

It is the new coronavirus and most cases appeared in the Chinese city, Wuhan at the end of December 2019 in the form of acute pneumonia.

! How was the virus identified?

The virus was identified through genetic sequences.

! What is the origin of the virus?

It is believed that the COVID-19 originated from animals and most cases appeared in the seafood and animal market in Wuhan.

! Can the virus spread from person to person?

Yes, the virus can spread from the infected person to another person through droplet and close contact without protection.

! Key Actions for COVID-19 Prevention:

1. Get your COVID-19 vaccine
2. Hand hygiene / Personal hygiene
3. Wear face mask in public area.
4. Practice safe sneezing and coughing etiquette to prevent infection:
 - Use tissues for sneezing or coughing and dispose them immediately.
 - Wash your hands with water and soap.
 - Bend your arm and sneeze into your elbow.
5. Practice social distancing (a distance of 1.5 meter is considered safe)
6. Avoid close contact with anyone who has a common cold or flu symptoms.
7. Avoid unsafe handling animals

! What are the symptoms of COVID-19?

Symptoms can range from mild to severe illness, and appear 14–2 days after you are exposed to the COVID 19 virus:

- Fatigue
- Fever or chills
- Vomiting or diarrhea
- Cough, shortness of breath or difficulty breathing
- If vaccinated sore throat
- New loss of taste or smell
- Muscle or body aches, headache

If you have any of these symptoms call the 937 Service Center

! If you have possible or confirmed COVID-19:

- Stay home from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.
- Monitor your symptoms carefully. If your symptoms get worse, call your healthcare provider immediately 937.
- Get rest and stay hydrated.
- If you have a medical appointment, call the healthcare provider ahead of time and tell them that you have or may have COVID-19 or medical emergencies, call 937 and notify that you have or may have COVID-19.
- Cover your cough and sneezes with a tissue or use the inside of your elbow.
- Wash your hands often with soap and water for at least 60 - 40 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol for 30 - 20 seconds.
- As much as possible, stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.
- If you need to be around other people in or outside of the house, wear a face mask.
- Avoid sharing personal items with other people in your household, like spoons, plates, towels, and bedding.
- Clean all surfaces that are touched often, like counters, tabletops, and doorknobs.
- Use household cleaning sprays or wipes according to the label instructions.