

CORONAVIRUS

WHAT IS CORONAVIRUS?

Coronaviruses are large groups of viruses that are common amongst animals. These viruses can make people sick, usually with a mild to moderate upper respiratory tract illness, similar to a common cold.

A new coronavirus called COVID-19 was identified in China and is associated with an outbreak of pneumonia.

HOW IT SPREADS

The COVID-19 spreads mainly via respiratory droplets produced when an infected person coughs or sneezes.

The COVID-19 is spread through:

- The air by coughing and sneezing
- Close personal contact such as touching or shaking hands
- Touching an object or surface with the virus on it, then touching your mouth, nose or eyes before washing your hands



SYMPTOMS

Mild to severe respiratory illness with

- fever
- cough
- difficulty breathing
- sore throat

The complete clinical picture with regards to COVID-19 is still not clear.

Patients with underlying illness and the elderly appear to be at increased risk of severe illness.



WHO IS AT GREATER RISK?

Currently travellers to Wuhan, China and other affected areas of China are at greatest risk of infection.

TREATMENT

Treatment is supportive (e.g. provide oxygen for patients with shortness of breath or treatment for fever).

- There is no specific antiviral treatment available.
- Antibiotics do not treat viral infections. However, antibiotics may be required if bacterial secondary infection develops.

PREVENTION

There are currently no vaccines available to protect you against COVID-19 infection. Transmission is reduced through:



Washing hands often



Avoid touching with unwashed hands



Avoid close contact with infected people



Cover your cough or sneeze with a tissue, once used throw away.

If you are mildly sick, keep yourself hydrated, stay at home, and rest.

MEASURES IN PLACE

Fever screening is in place at international airports.

- Procedures are in place for case detection, isolation and management for quick diagnosis to be made.
- All health facilities will be able to manage suspected or confirmed cases and refer to the appropriate referral or designated hospital.
- Protocols are in place for follow up of case contacts to ensure that the virus does not spread.



Contact the **General Public Hotline**
0800 029 999 or
WhatsApp Support Line
060 012 3456