

CORONAVIRUS INFO GUIDE

BASICS

COVID-19 is an infectious condition, which means it can be spread, directly or indirectly, from one person to another

- Involves your upper respiratory tract (**nose, throat, airways, lungs**).
- Caused by the newly discovered coronavirus, called as novel coronavirus, first identified in **Wuhan, China, in December 2019**.

Coronavirus has “high infectivity but low mortality”

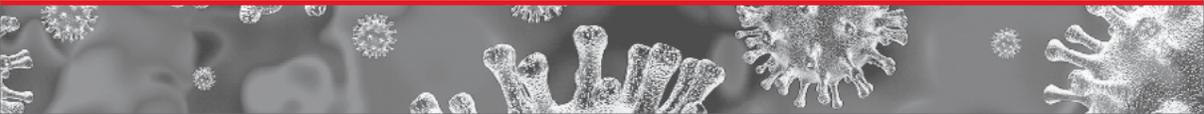
- Mortality rate ranges between 2-3%. It is significantly **less severe than 2003 SARS** (MR: 10%) or **2012 MERS** (MR: 35%) outbreaks.
- Risk of death is only higher in older people (above an age of ~60 years) and people with pre-existing health conditions.



WILL I DIE IF I CATCH THE DISEASE?

No.

- Almost 80% of people have **mild symptoms, and recover** from the disease in 2 weeks.
- Most of the symptoms can be treated with **timely medical care**.



WHO IS GETTING SICK AND HOW SICK?

- Older people are **twice** as likely to have serious COVID-19 illness.
- Most coronavirus led illnesses are **generally mild, especially for children and young adults.**

ARE CHILDREN ALSO AT RISK OF CORONAVIRUS INFECTION?

COVID-19 appears to be relatively rare and mild in children.

- Just over **2% of cases** were under 18 years of age.
- Of these, **fewer than 3%** developed severe or critical disease.



SO, HOW EXACTLY DOES THE CORONAVIRUS SPREAD?

An infected person can spread the infection to a healthy person

- Through eye, nose, and mouth, via droplets produced on coughing or sneezing.
- Close contact with infected person.
- Contact with contaminated surfaces, objects, or items of personal use.

CAN THE NOVEL CORONAVIRUS BE PASSED ON THROUGH FOOD?

No.

There is no such evidence as yet.

- experience with other coronaviruses like SARS and MERS suggest that people do not get infected through food.

<http://www.unam.edu.na/about-unam/unams-stance-on-coronavirus-covid-19>

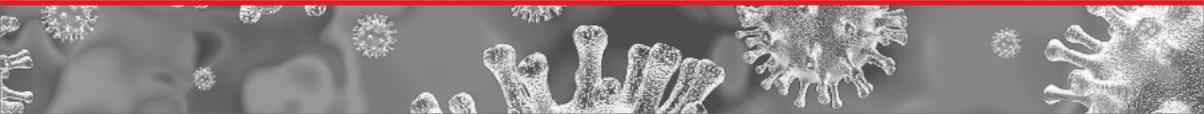


DO I HAVE CORONAVIRUS IF I AM COUGHING OR SNEEZING?

You can suspect to have coronavirus, only if

You have symptoms (fever, cough, shortness of breath) + any out of these:

- Travel history to a coronavirus-affected area (like China, Iran, Italy, Republic of Korea, etc.).
- Close contact with such a person.
- Visiting a healthcare facility/ labs where Coronavirus patients are being taken care of.



COLD VS. FLU VS. CORONAVIRUS

If you have a sore throat, it's more likely a cold than flu or coronavirus, in general.

	Cold	Flu	Coronavirus
Time between catching the virus and beginning to show symptoms	1-3 days	1-4 days	2-14 days
Symptom onset	Gradual	Abrupt	Gradual
How long do symptoms last	7-12 days	3-7 days	Mild cases: ~2 weeks. Severe or critical disease: 3-6 weeks

Major symptoms

Fever	Sometimes	Common	Common
Runny nose	Common	Sometimes	Less Common
Sore throat	Common	Sometimes	Less Common
Cough	Common	Sometimes	Common
Body Ache	Rare; if occurs, mild	Common	Less Common
Difficulty Breathing	Rare	Rare	Common

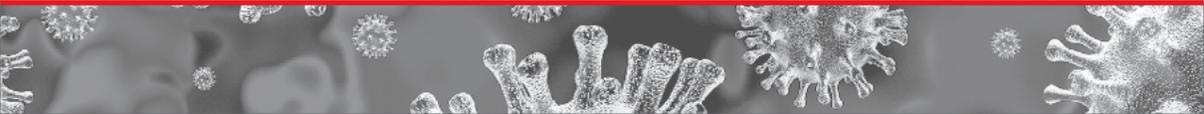
<http://www.unam.edu.na/about-unam/unams-stance-on-coronavirus-covid-19>



Should I be tested for coronavirus if I have high grade fever, cough and difficulty in breathing? Or can I get a coronavirus test done just for the sake of satisfaction?

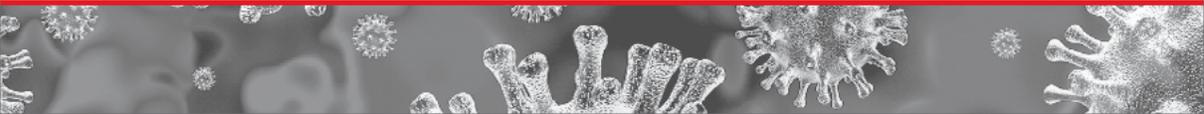
No.

- Testing for coronavirus will only be done as recommended by the doctors only if someone falls under the definition of “suspected case”.



PROTECT YOURSELVES:

- Wash your hand regularly with plenty of soap and water.
- Keep an alcohol-based sanitizer ready for times when soap and water are not available.
- Don't touch your eyes, mouth or nose with unclean hands.
- Keep your distance of at least 1 meter from anyone coughing or sneezing.
- Follow no-touch greeting for no germs contracted. Prefer “**namaste**” or **hand waving** over **handshake**.
- Don't sneeze or cough into your hands. Use a tissue and throw it away immediately, or sneeze in the inner side of your elbow.
- Don't travel or visit crowded places if you're sick.
- Do wear a mask if you're sick and also if you are taking care of someone with the symptoms.
- If you feel unwell, seek medical attention.
- If you have a fever, cough, or difficulty breathing, stay indoors. Call healthcare professionals and follow their advice.



Emergency toll free numbers for reporting COVID-19 related incidences:

911 / 0800 100 100

References:

<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses> <https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

Harvard Medical School. Coronavirus: Many questions, some answers. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/>

Disclaimer: This piece is for informational purpose only, it is not a substitute to a doctor's advice or any professional medical advice.

<http://www.unam.edu.na/about-unam/unams-stance-on-coronavirus-covid-19>

