

**Mahatma Education Society's**

# **Awareness document on corona virus**

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This document will help you to keep away from covid19

**Pillai HOC College of Arts, Science and Commerce**

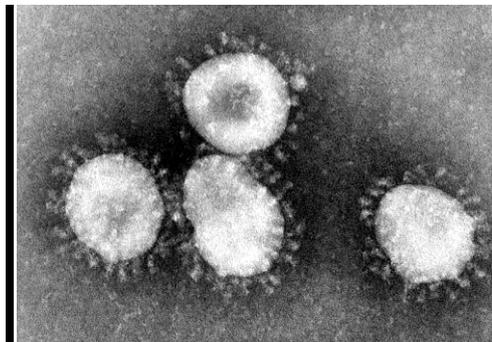


## Corona viruses (COVID 19)

-content taken from WHO

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). A novel coronavirus (nCoV) is a new strain that has not been previously identified in humans.

Corona viruses are zoonotic, meaning they are transmitted between animals and people. Detailed investigations found that SARS-CoV was transmitted from civet cats to humans and MERS-CoV from dromedary camels to humans. Several known corona viruses are circulating in animals that have not yet infected humans.



*Electron micrograph of avian infectious bronchitis virus (picture courtesy: WIKIPEDIA)*

Common signs of infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.



Standard recommendations to prevent infection spread include regular hand washing, covering mouth and nose when coughing and sneezing, thoroughly cooking meat and

eggs. Avoid close contact with anyone showing symptoms of respiratory illness such as coughing and sneezing.

### What are the symptoms?

According to the WHO, signs of infection include fever, cough, shortness of breath and breathing difficulties.

In more severe cases, it can lead to pneumonia, multiple organ failure and even death.

Current estimates of the incubation period - the amount of time between infection and the onset of symptoms - range from one to 14 days. Most infected people show symptoms within five to six days.

However, infected patients can also be asymptomatic, meaning they do not display any symptoms despite having the virus in their systems.

## Coronavirus

Middle East respiratory syndrome (MERS) and severe acute respiratory syndrome (SARS) are viral respiratory illnesses caused by a coronavirus.

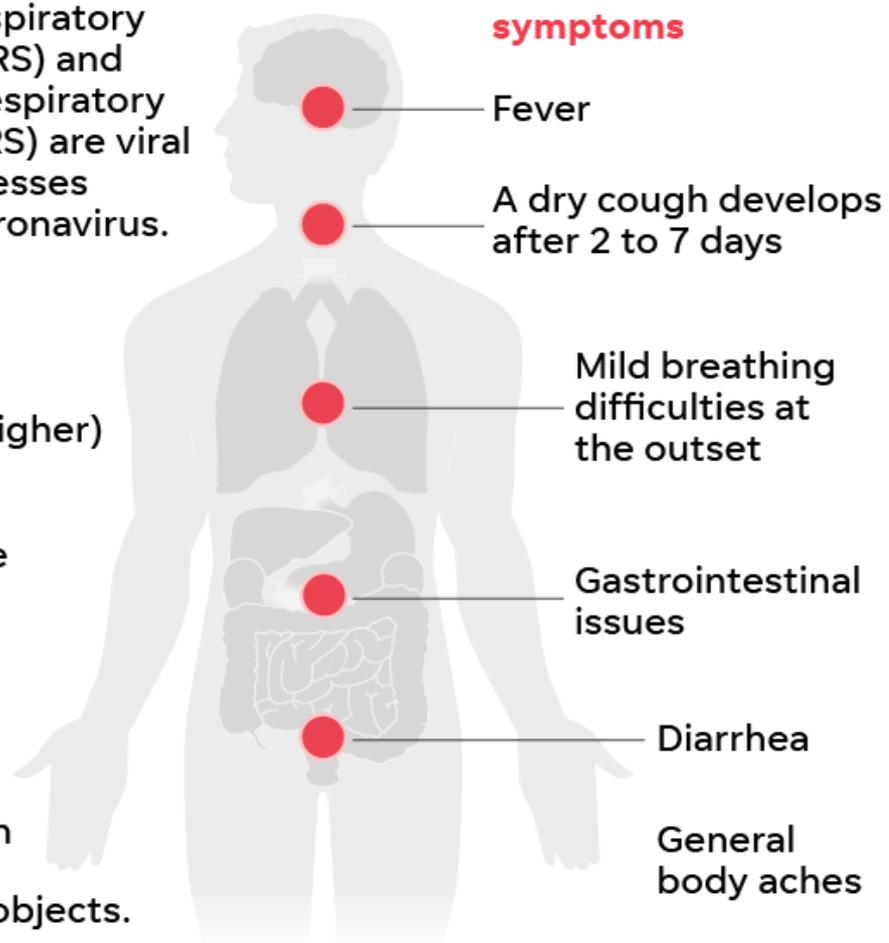
### Severe symptoms

- High fever (100.4°F or higher)
- Pneumonia
- Kidney failure

### Transmission

Coughs or sneezes from infected person or touching contaminated objects.

### Common symptoms



Fever

A dry cough develops after 2 to 7 days

Mild breathing difficulties at the outset

Gastrointestinal issues

Diarrhea

General body aches

# Basic protective measures against the new corona virus

Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority. COVID-19 is still affecting mostly people in China with some outbreaks in other countries. Most people who become infected experience mild illness and recover, but it can be more severe for others.

Therefore, take care of your health and protect others by doing the following:

## 1. Wash your hands frequently

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.

**Why?** Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

## 2. Maintain social distancing

Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.

**Why?** When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

## 3. Avoid touching eyes, nose and mouth

**Why?** Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

## 4. Practice respiratory hygiene

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

**Why?** Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.

### **5. If you have fever, cough and difficulty breathing, seek medical care early**

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.

**Why?** National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

### **6. Stay informed and follow advice given by your healthcare provider**

Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19.

**Why?** National and local authorities will have the most up to date information on whether COVID-19 is spreading in your area. They are best placed to advise on what people in your area should be doing to protect themselves.

### **Important Links**

1. To reach out for complete details regarding corona Virus (COVID-19), please visit the **Ministry of Health and Family Welfare, Government of India** website.

**The link is provided** below

<https://mohfw.gov.in/diseasealerts/novel-corona-virus>

2. To watch the video lecture related to the percussion and care that is needed to be taken to prevent corona virus,

please click on the below link

<https://youtu.be/bPITHEiFWLc>

3. To get latest updates on corona virus, please click on the link given below

<https://www.worldometers.info/coronavirus/>

References:

1. <https://mohfw.gov.in/diseasealerts/novel-corona-virus>
2. <https://www.worldometers.info/coronavirus/>
3. <https://www.aljazeera.com/news/2020/01/coronavirus-symptoms-vaccines-risks-200122194509687.html>