

**Stay Safe from Corona Virus
COVID-19**

CORONA VIRUS [COVID-19]

The 2019 Novel Coronavirus, or COVID-19, is a new respiratory virus first identified in Wuhan, Hubei Province, China on 31 December 2019.

HISTORY

Coronaviruses are a large family of viruses that are common in people and many different species of animals, including camels, cattle, cats, and bats. Rarely, animal coronaviruses can infect people and then spread between people such as with Middle East Respiratory Syndrome (MERS-CoV), Severe Acute Respiratory Syndrome (SARS-CoV), and now with this recently discovered coronavirus disease COVID-19 (SARS-CoV-2).

STRUCTURE OF THE CORONAVIRUS

The coronavirus genome is non segmented, single-stranded, and positive-sense RNA. Its size ranges from 27 to 32 kb, which is significantly larger when compared with other RNA viruses. The name coronavirus is derived from the word for coronet which is based on the crown-like appearance of the virus

SYMPTOMS OF COVID-19

The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell.

Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing.

Coronavirus (COVID-19)

COVID-19 is a new coronavirus that has been identified as the cause of an outbreak of respiratory illness globally.

SEVERE SYMPTOMS

- **High fever** (100.4 or higher)
- **Pneumonia**

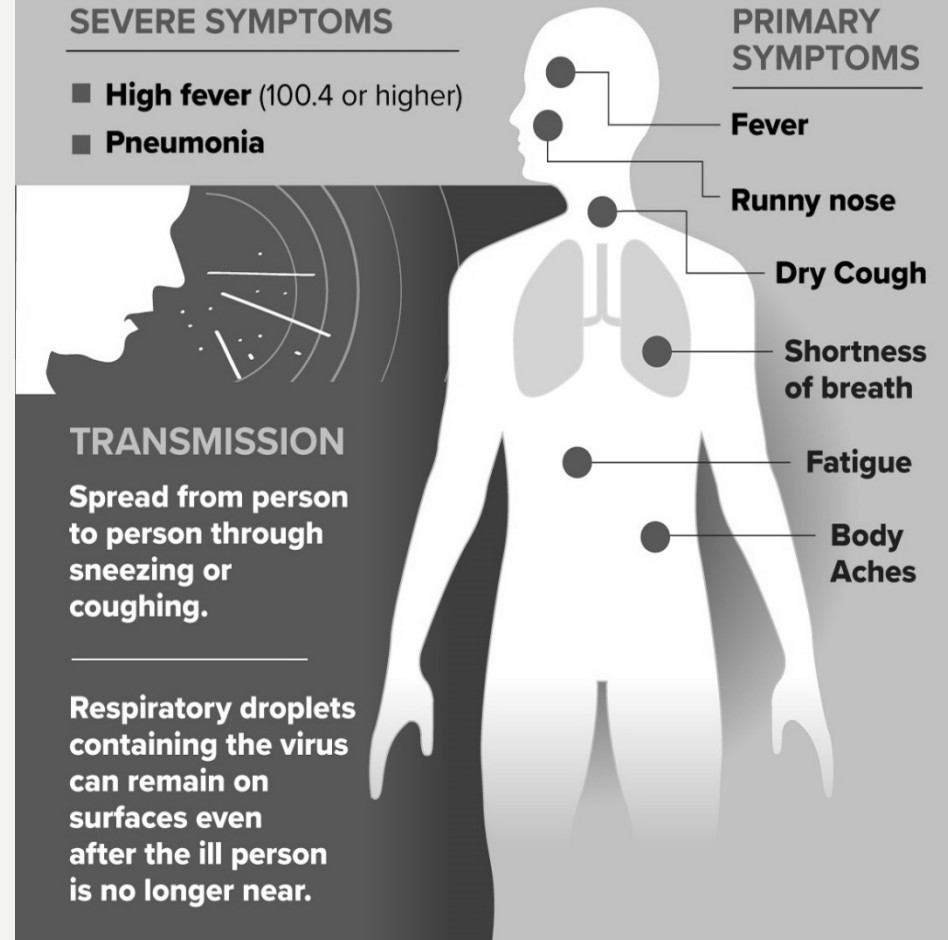
PRIMARY SYMPTOMS

- Fever**
- Runny nose**
- Dry Cough**
- Shortness of breath**
- Fatigue**
- Body Aches**

TRANSMISSION

Spread from person to person through sneezing or coughing.

Respiratory droplets containing the virus can remain on surfaces even after the ill person is no longer near.



WHEN TO SEEK MEDICAL HELP

People with fever, cough and difficulty breathing should seek medical attention, especially if they have travelled to COVID 19 affected areas or have been in close contact with a confirmed / suspected COVID-19 patient

PERSONS AT HIGHER RISK OF SERIOUS ILLNESS WITH COVID-19

Older people, and those with underlying medical problems like high blood pressure, heart problems, diabetes or cancer, are more likely to develop serious illness.

WHEN TO SEEK MEDICAL HELP

Studies suggest that coronaviruses may persist on surfaces for a few hours or up to several days. This may vary under different conditions (e.g. type of surface, temperature or humidity of the environment).

If you think a surface may be infected, clean it with simple disinfectant to kill the virus

SPREAD OF COVID-19

The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth.

Studies to date suggest that the virus that causes COVID-19 is mainly transmitted through contact with respiratory droplets rather than through the air. People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets.

This is why it is important to stay more than 1 meter (3 feet) away from a person who is sick.

CAN A PERSON WITH NO SYMPTOMS SPREAD COVID-19 ?

The risk of catching COVID-19 from someone with no symptoms at all is very low. However, many people with COVID-19 experience only mild symptoms, particularly at the early stages of the disease. It is therefore possible to catch COVID-19 from someone who has, for example, just a mild cough and does not feel ill.

PROTECTION MEASURES TO PREVENT THE SPREAD OF COVID-19

- 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

CONTINUES ...

- Maintain at least 1 meter (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 into the air. If you are too close, you can breathe in the droplets which may contain the virus, if the person coughing has the disease

- 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.

- 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.

CONTINUES ...

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

Why:-The authorities will have the most up to date information on the situation in your area. 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.

- Keep up to date on the latest COVID-19 hotspots (cities or local areas where COVID-19 is spreading widely). If possible, avoid traveling to places – especially if you are an older person or have diabetes, heart or lung disease.

Why:-You have a higher chance of catching COVID-19 in one of these areas

SHOULD YOU BE VERY WORRIED ABOUT COVID-19 ?

- Illness due to COVID-19 infection is generally mild, especially for children and young adults.
- However, it can cause serious illness: about 1 in every 5 people who catch it need hospital care.

THE FOLLOWING MEASURES ARE NOT EFFECTIVE AGAINST COVID-19 OR CAN BE HARMFUL

- Smoking
- Wearing multiple masks
- Taking antibiotics



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Source of Information

❖ <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

❖ <https://www.sciencedirect.com/science/article/pii/S0065352708602869>

❖ <https://www.cdc.gov/coronavirus/2019-nCoV/summary.html>

❖ <https://www.nhs.uk/conditions/coronavirus-covid-19/>

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