COVID-19

As the Corona Virus Disease (COVID-19) soars on, panic strikes and this gives rise to rumor causing further. Misinformation can be fatal especially while lives are at stake. The need for correct information about the virus that causes this disease and how people can protect themselves becomes apparent. It has become increasingly recognized that the World Health Organization, Center for Disease Control, and Ministry of Health Lesotho are the only organizations that can provide correct and factual information on what had now been declared as the pandemic (COVID-19). For this reason I see it only reasonable and correct to use and reference only material and protocols from this organizations and others that report directly to them.
WHAT IS CORONA VIRUS?

• Coronaviruses are a large family of viruses that cause illness ranging from the common cold and more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV). A novel coronavirus (nCoV) now officially known as SARS-CoV-2, is a new strain that has not been previously identified in humans.

• Coronaviruses are zoonotic, meaning they are transmitted between animals and people.

• A pneumonia of Unknown cause was detected in Wuhan, China, and was first reported to the WHO Country Office in China on 31 December 2019 and the outbreak was declared a public emergency of international concern on 30 January 2020.

• On February 11 2020, WHO announced a name for the new corona virus diseases as COVID-19 and on March 11 2020 WHO characterized COVID-19 a pandemic.
MOST OBVIOUS SIGNS AND SYMPTOMS

- FEVER
- COUGH
- DIFFICULTY BREATHING

SEEK MEDICAL ATTENTION EARLY IF YOU HAVE THESE SYMPTOMS AND SHARE WITH YOUR HEALTH CARE PROVIDER PREVIOUS TRAVEL HISTORY
HOW THE DISEASE CAUSE FEVER, COUGHING AND DIFFICULTY IN BREATHING

Prof. John Wilson, president-elect of the Royal Australasian College of Physicians and a respiratory physician, as reported by The Guardian Australia, “With covid-19 develop a cough and fever because of the virus reaching the respiratory tree(the air passages that conduct air between the lungs and the outside). The lining of the respiratory tree becomes injured, causing inflammation. This in turn irritates the nerves in the lining of the airway. Just a speck of dust can stimulate a cough. But if this get worse, it goes past just the lining of the airway and goes to the gas exchange units, which are at the end of the air passages. If they become infected they respond by pouring out inflammatory material into the air sacs that are at the bottom of our lungs. If the air sacs then become inflamed, this causes outpouring of inflammatory material (fluid and inflammatory cells) into the lungs and end up with pneumonia.
Lungs that are filled with inflammatory material are unable to get enough oxygen to the bloodstream, reducing the body’s ability to take on oxygen and get rid of carbon dioxide. That is the usual cause of death with severe pneumonia.”

WHO explains that while the severe stages of the illness normally occur in people with long term diseases such high blood, diabetes, heart disease, etc, elderly people, children and people who immuno-compromised, people of all ages can be infected by the virus. People of all ages should take steps to protect themselves.
HOW TO PROTECT YOURSELF?

• This Guidelines are from WHO and This IS merely sharing them:
WASH YOUR HANDS!!

Wash your hands

Wash your hands with soap and running water when hands are visibly dirty.

If your hands are not visibly dirty, frequently clean them by using alcohol-based hand rub or soap and water.

Protect yourself and others from getting sick

Wash your hands

- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste
PROTECT OTHERS FROM GETTING SICK

Protect others from getting sick

When coughing and sneezing, cover mouth and nose with flexed elbow or tissue

Throw tissue into closed bin immediately after use

Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick

Avoid close contact when you are experiencing cough and fever

Avoid spitting in public

If you have fever, cough and difficulty breathing, seek medical care early and share previous travel history with your health care provider
**PRACTICE FOOD SAFETY!**

**Practise food safety**

Use different chopping boards and knives for raw meat and cooked foods

Wash your hands between handling raw and cooked food.

**Practise food safety**

Sick animals and animals that have died of diseases should not be eaten

**Practise food safety**

Even in areas experiencing outbreaks, meat products can be safely consumed if these items are cooked thoroughly and properly handled during food preparation.
STAY HEALTHY WHILE TRAVELING

Avoid travel if you have a fever and cough.

If you have a fever, cough and difficulty breathing, seek medical care early and share previous travel history with your health care provider.

When coughing and sneezing, cover mouth and nose with flexed elbow or tissue – throw tissue away immediately and wash hands.

If you choose to wear a face mask, be sure to cover mouth and nose – avoid touching mask once it’s on.

Immediately discard single-use mask after each use and wash hands after removing masks.

Avoid close contact with people suffering from a fever and cough.

Frequently clean hands by using alcohol-based hand rub or soap and water.

Avoid touching eyes, nose or mouth.
STAY HEALTHY WHILE TRAVELLING

If you become sick while travelling, inform crew and seek medical care early.

If you seek medical attention, share travel history with your healthcare provider.

Eat only well-cooked food.

Avoid spitting in public.

Avoid close contact and travel with animals that are sick.

World Health Organization
WHO MYTH BUSTERS

Can pets at home spread the new coronavirus (2019-nCoV)?

At present, there is no evidence that companion animals / pets such as dogs or cats can be infected with the new coronavirus. However, it is always a good idea to wash your hands with soap and water after contact with pets. This protects you against various common bacteria such as E. coli and Salmonella that can pass between pets and humans.

People of all ages can be infected by the new coronavirus (nCoV-2019). Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus. WHO advise people of all age to take steps to protect themselves from the virus, for example by following good hand hygiene and good respiratory hygiene.

Does the new coronavirus affect older people, or are younger people also susceptible?

#Coronavirus
No, antibiotics do not work against viruses, only bacteria.
The new coronavirus (2019-nCoV) is a virus and, therefore, antibiotics should not be used as a means of prevention or treatment.
However, if you are hospitalized for the 2019-nCoV, you may receive antibiotics since bacterial co-infection is possible.

#Coronavirus

To date, there is no specific medicine recommended to prevent or treat the new coronavirus (2019-nCoV).
However, those infected with the virus should receive appropriate care to relieve and treat symptoms, and those with severe illness should receive optimized supportive care.
Some specific treatments are under investigation, and will be tested through clinical trials.
WHO is helping to accelerate research and development efforts with a range of partners.

#Coronavirus
FACT:
Cold weather and snow CANNOT kill the new coronavirus

There is no reason to believe that cold weather can kill the new coronavirus or other diseases.
The normal human body temperature remains around 36.5°C and 37°C, regardless of the external temperature or weather.
The most effective way to protect yourself against the new coronavirus is by frequently cleaning your hands with alcohol-based hand rub or washing them with soap and water.

FACT:
Taking a hot bath does not prevent the new coronavirus disease

Taking a hot bath will not prevent you from catching COVID-19. Your normal body temperature remains around 36.5°C to 37°C, regardless of the temperature of your bath or shower. Actually, taking a hot bath with extremely hot water can be harmful, as it can burn you.
The best way to protect yourself against COVID-19 is by frequently cleaning your hands. By doing this you eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.
Thermal scanners are effective in detecting people who have developed a fever (i.e. have a higher than normal body temperature) because of infection with the new coronavirus. However, they cannot detect people who are infected but are not yet sick with fever. This is because it takes between 2 and 10 days before people who are infected become sick and develop a fever.

No. Hand dryers are not effective in killing the 2019-nCoV. To protect yourself against the new coronavirus, you should frequently clean your hands with an alcohol-based hand rub or wash them with soap and water. Once your hands are cleaned, you should dry them thoroughly by using paper towels or a warm air dryer.
UV lamps should not be used to sterilize hands or other areas of skin as UV radiation can cause skin irritation.

Can an ultraviolet disinfection lamp kill the new coronavirus?

No. Spraying alcohol or chlorine all over your body will not kill viruses that have already entered your body. Spraying such substances can be harmful to clothes or mucous membranes (i.e., eyes, mouth). Be aware that both alcohol and chlorine can be useful to disinfect surfaces, but they need to be used under appropriate recommendations.

Can spraying alcohol or chlorine all over your body kill the new coronavirus?

#2019nCoV
BE READY FOR CORONAVIRUS

Be READY for #coronavirus

WHO is giving advice on how to protect ourselves & others:

Be SAFE from coronavirus infection
Be SMART & inform yourself about it
Be KIND & support one another

Learn more about #COVID19 & share with your loved ones: www.who.int/COVID-19

Be SAFE from #coronavirus

if you are 60+ or if you have an underlying condition like:

- Cardiovascular disease
- Respiratory condition
- Diabetes

by avoiding crowded areas or places where you might interact with people who are sick.

Learn more to Be READY for #COVID19:
www.who.int/COVID-19
Be SMART if you develop shortness of breath:

Call your doctor

Seek care immediately!

Learn more to Be READY for #COVID19:
www.who.int/COVID-19

Be SMART & inform yourself about #coronavirus

Follow accurate public health advice from WHO & your local health authority

Follow the news on latest coronavirus updates

To avoid spreading rumors, always check the source you are getting information from

Don’t spread rumors

Learn more to Be READY for #COVID19:
www.who.int/COVID-19
**Be KIND to support loved ones during #coronavirus**

- Check in regularly especially with those affected
- Encourage them to keep doing what they enjoy
- Share WHO information to manage anxieties
- Provide calm and correct advice for your children

Learn more to Be READY for #COVID19: www.who.int/COVID-19

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**Be KIND to address stigma during #coronavirus**

- Share the latest facts & avoid hyperbole
- Show solidarity with affected people
- Tell the stories of people who have experienced the virus

Learn more to Be READY for #COVID19: www.who.int/COVID-19

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**Be KIND to address fear during #coronavirus**

- Show empathy with those affected
- Learn about the disease to assess the risks
- Adopt practical measures to stay safe

Learn more to Be READY for #COVID19: www.who.int/COVID-19
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