

CORONAVIRUS - THE FACTS

As concern spreads globally about the coronavirus outbreak, here are some key facts to know about the virus and how to prevent it.



1 WHAT IS THE VIRUS?

The virus, currently known COVID-19, is part of the coronavirus family which includes Severe Acute Respiratory Syndrome (SARS) as well as the common cold. The virus is understood to be a new strain of coronavirus not previously identified in humans.



2 WHERE IS IT?

The virus is understood to have originated in a seafood market in Wuhan, but it has since spread to more than 150 territories and the World Health Organization (WHO) has declared an official pandemic.



3 WHAT ARE THE SYMPTOMS?

Symptoms include a cough, sore throat, runny nose, headache, fever and shortness of breath. In more severe cases it can lead to pneumonia and respiratory tract conditions.



4 HOW BAD IS IT?

The virus is believed to be milder than SARS. For many people the symptoms will gradually subside, as with a cold. The majority of deaths have been amongst the elderly or those with underlying medical conditions.

5 HOW DO I PREVENT IT?

Crucially good personal hygiene and regular hand washing is advised. This means washing your hands thoroughly – 20 seconds is recommended. You may also wish to carry hand sanitiser in case you can't wash your hands, and should avoid touching your eyes, nose and mouth.



6 WHAT DOES THE W.H.O SAY?

The World Health Organisation (WHO) has declared a "global emergency" over the new virus. Many countries have put in place social distancing measures, travel restrictions and quarantine procedures to prevent the spread of the disease. advice.



7 WHO IS AT RISK?

Young children, the elderly, or those with underlying medical conditions are at a more heightened risk and should take extra precautions.

8 WHAT SHOULD I DO IF I FEEL UNWELL?

Don't panic. Seek medical attention and remember to share your travel history with your health care provider. It is wise to call your doctor in advance of your visit to alert them to your symptoms so they can prevent further spread of the virus.

