

NOVEL
CORONAVIRUS
(2019-NCOV)

**CORONA
VIRUS**

The Coronavirus is a family of viruses that cause illnesses ranging from a cold to more severe diseases such as respiratory illness in people. A coronavirus has broken out in the Chinese city of Wuhan, currently named Novel Coronavirus (2019-nCoV). Sometimes, but not often, a coronavirus can infect both animals and humans.

HOW DOES IT SPREAD?

The exact way the virus is spread is not fully known. Most coronavirus spread the same way other cold-causing viruses mainly via:

- respiratory droplets produced when an infected person coughs or sneezes
- by touching an infected person's hands or face
- by touching surface or object that has virus on it, such as doorknobs

According to WHO, signs of infection include:



Sneezing



Cough



Fever



Breathing difficulties

These symptoms may appear 2 to 14 days after exposure and may go away in a few days. However, if coronavirus infection spreads to the lower respiratory tract (your windpipe and your lungs), it can lead to pneumonia, severe acute respiratory syndrome, kidney failure, and even death. The virus responsible for the illness can be diagnosed by taking a sample of respiratory fluids, such as mucus from the nose, or blood.

PREVENTIONS TO PROTECT YOURSELF



Wash your hands often with soap and water for 20 seconds.



Wear face mask in the heavily crowded areas.



Cover your nose and mouth with a tissue when you cough or sneeze then throw the tissue in the trash.



Avoid the consumption of raw or undercooked animal products. Handle with care raw meat, milk or animal organs to avoid cross-contamination with uncooked foods.



Keep your hands and fingers away from your eyes, nose, and mouth.



Avoid direct unprotected contact with live animals and surfaces in contact with animals.



Avoid close contact or sharing towels or household items (like cups) who are infected or you suspect they might be affected.



Clean and disinfect frequently touched surfaces, such as toys and doorknobs. Avoid shaking hands and hugging.

TREATMENT

THERE IS NO VACCINE FOR CORONAVIRUS.

Treatments include taking care of yourself like the same way you treat a cold: Drink enough water, get plenty of rest and take over-the-counter medicine to reduce pain and fever.

Zahar Str., Achrafieh, Beirut, Lebanon, P.O. Box 11-3288
T +961 1 200 800, F +961 1 200 816, info@laumcrh.com

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