

WHAT IS COVID-19?

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.

HOW DOES IT AFFECT PEOPLE?

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

HOW IS IT SPREAD?

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it's important that you also practice respiratory etiquette (for example, by coughing into a flexed elbow).

WHAT ARE THE SYMPTOMS?

The COVID-19 virus affects different people in different ways.

Common symptoms include:

- fever
- tiredness
- dry cough

Other symptoms include:

- shortness of breath
- aches and pains
- sore throat
- and very few people will report diarrhoea, nausea or a runny nose

HOW CAN WE STOP IT?

The best way to prevent and slow down transmission is be well informed about the COVID-19 virus, the disease it causes and how it spreads.

We can all do the following:

- Wash your hands regularly with soap and water, or clean them with alcohol-based hand rub.
- Maintain at least 1 metre distance between you and people coughing or sneezing.
- Avoid touching your face.
- Cover your mouth and nose when coughing or sneezing.
- Stay home if you feel unwell.
- Refrain from smoking and other activities that weaken the lungs.
- Avoid unnecessary travel and stay away from large groups of people.

At this time, there are no specific vaccines or treatments for COVID-19. However, there are many on-going clinical trials evaluating potential treatments.

SOURCE: https://www.who.int/health-topics/coronavirus#tab=tab_3
World Health Organization