

Coronavirus Disease (COVID-19) Important Facts

According to WHO (world health organization) the majority of people who infected with COVID-19 showed mild illness. However, some people, especially elderly and those with chronic conditions (such as chronic cardiopulmonary diseases or diabetes) are at risk for severe disease.

To control COVID-19 spreading , PROTECTION is the key . because virus is thought to spread mainly from person-to-person or through respiratory droplets you need to:

- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. However its highly important to avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands with soap and water for at least 20 seconds or alcohol-based hand rub that contains at least 60% alcohol until you feel your hand dry.
- Avoid unprotected close contact with anyone developing cold or flu-like symptoms.
- If you are sick You should wear a facemask when you are around other people but If you are healthy You do not need to wear it unless you are caring for someone who is sick
- Clean and disinfect frequently touched surfaces (for example tables, phones, keyboards, toilets.. etc) daily. by using 5 tablespoons (1/3rd cup) Chlorine per gallon of water or using at least 70% alcohol solutions.



Seek medical attention if you have history of travel, a contact with suspected patient or exposure and have a signs and symptoms of :

1. fever
 2. Cough
 3. shortness of breath
 4. headache
 5. breathing difficulties
- symptoms may appear 2-14 days after exposure

Coronavirus

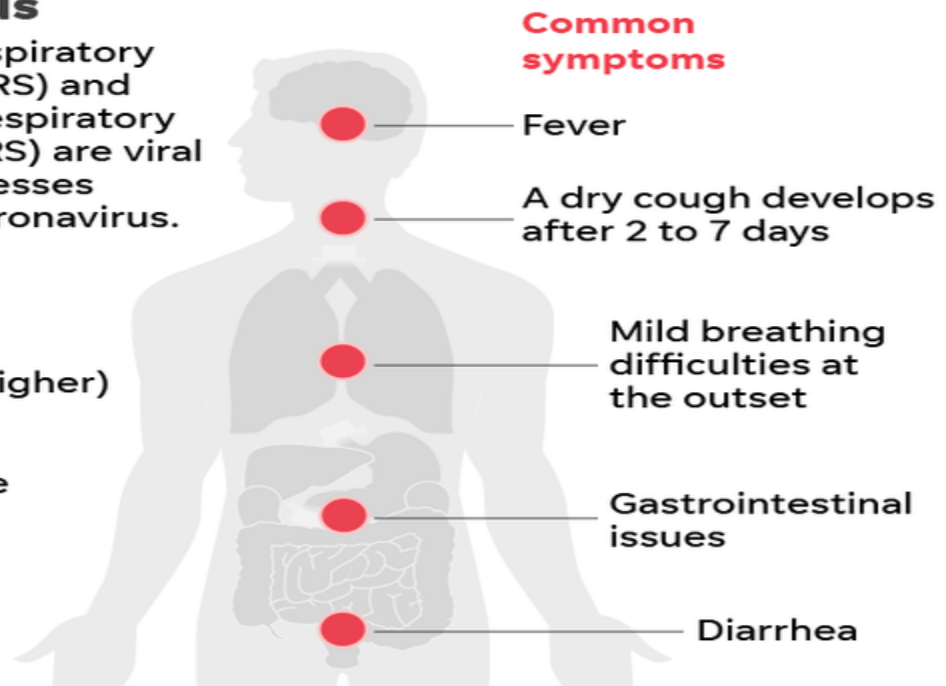
Middle East respiratory syndrome (MERS) and severe acute respiratory syndrome (SARS) are viral respiratory illnesses caused by a coronavirus.

Severe symptoms

- High fever (100.4°F or higher)
- Pneumonia
- Kidney failure

Transmission

Coughs or sneezes from



Recourses:

- <https://who18.createandsend.com/campaigns/reports/viewCampaign.aspx?d=j&c=99FA4938D049E3A8&ID=0E888002940B33672540EF23F30FEDED&temp=False&tx=0>
- https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fsymptoms.html
- <http://site.moh.ps/Index/ArticleView/ArticleId/4853/Language/ar>
- <https://familydoctor.org/condition/coronavirus/>