

**SPRINGFIELD**

Medical publisher and e-journals

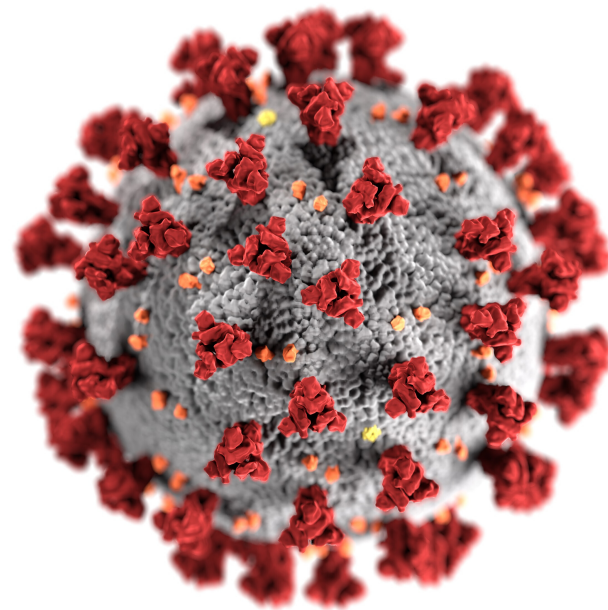
# THE HUNTING VIRUS

## COVID-19



## **Definition of CORONA**

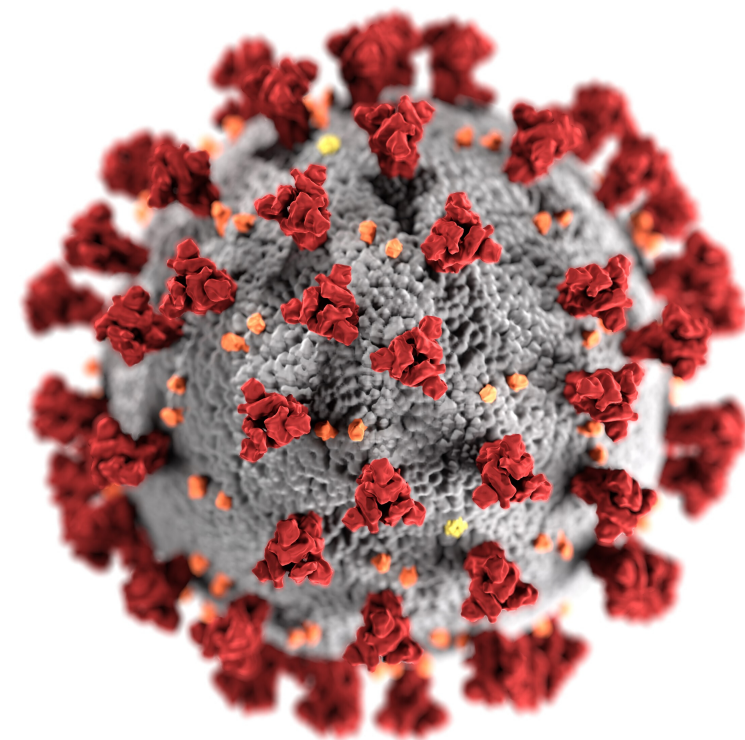
Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered coronavirus causes coronavirus disease COVID-19.



[\*\*www.springfieldpub.in\*\*](http://www.springfieldpub.in)

## What is COVID-19

COVID-19 is the infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.



# Clinical Manifestation

## HIGH GRADE FEVER

The body temperature can exceed 37.3 Celsius degrees or 99 Fahrenheit degrees



## TIREDNESS

The body feels completely tired and without energy to perform normal tasks

## DRY COUGH

Irritation and constant coughing without expelling any mucus

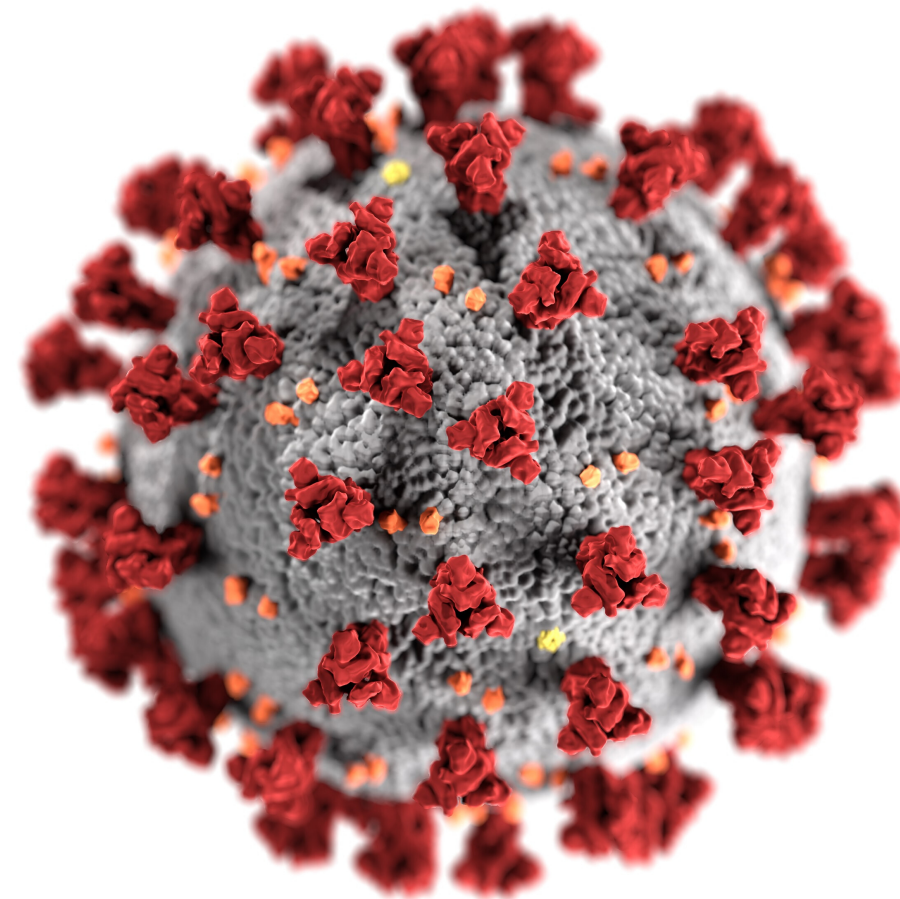
## DIFFICULTY BREATHING

Breathing actually feels more difficult



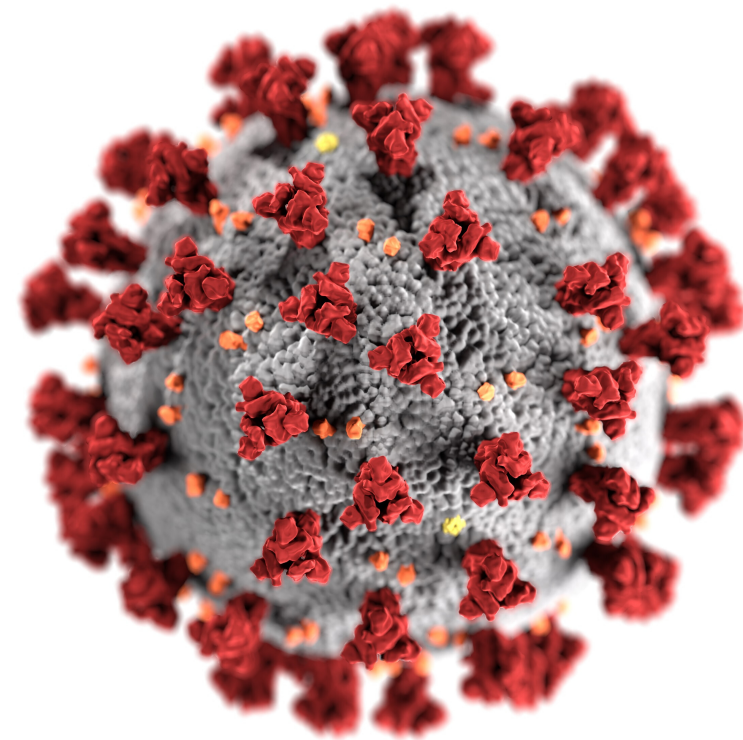
## How COVID-19 spreads

- This disease can spread from person to person through small droplets from the nose or the mouth when the infected person coughs or exhales
- These small droplets land on surfaces, which means any person that touches these surfaces and then their eyes, nose or mouth can become infected



## ASYMPTOMATIC PEOPLE

Many people infected with COVID-19 show mild symptoms, especially during the first stages of the disease. Thus, you can still catch the disease from an infected person who only has a mere cough and does not feel ill



# WHAT TO DO IF YOU HAVE SYMPTOMS

You have symptoms or have been in an infected area



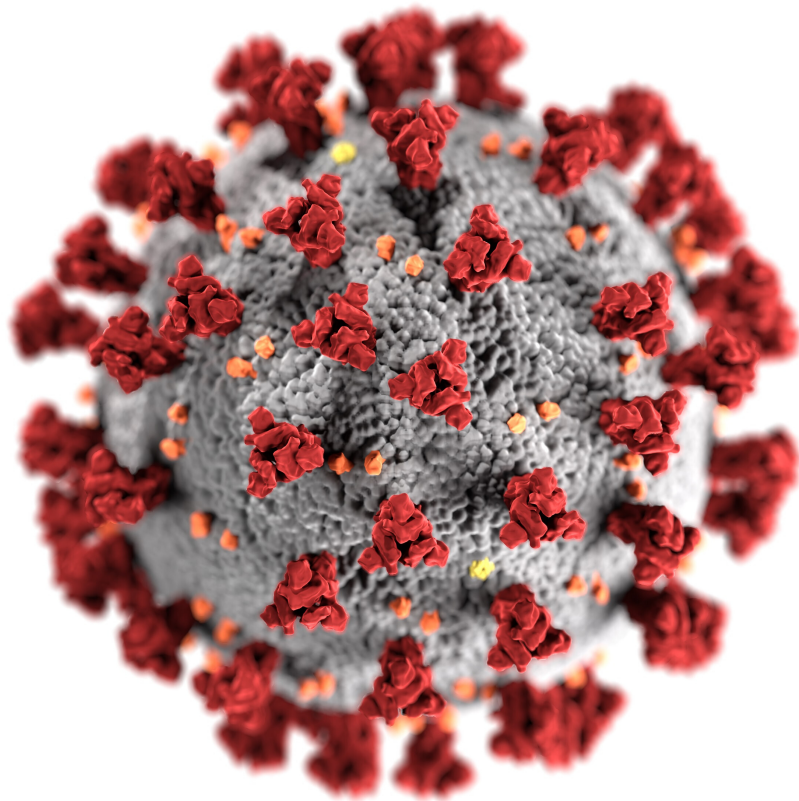
Immediate isolation from family & friends



Call the designated phone number for your region



You will be given a home test over the phone





Patiently wait for the results of the test



Follow the instructions provided by the doctor

**ANTIBIOTICS DO NOT WORK AGAINST CORONAVIRUS**



# PROTECTING YOURSELF AND PREVENTING THE SPREAD OF THE DISEASE

- Wash your hands with an alcohol-based sanitizer or with soap and water
- Keep a distance of at least 1 meter between yourself and anyone who coughs or sneezes
- Try your best not to touch your eyes, your nose and your mouth
- Cover your mouth and your nose with your bent elbow or a tissue when coughing
- Seek medical attention if you have difficulty breathing and a high fever
- Follow the directions of your national or local health authorities

# **PROTECTION MEASURES FOR PEOPLE THAT ARE IN OR VISITED INFECTED AREAS**



- Stay home if you do not feel well, even if you feel mild symptoms such as headaches, slight fever and a runny nose
- If you need to go out (for example, to buy food or supplies), wear a mask to minimize the risk of infecting others
- If you have difficulty breathing and/or a high fever, seek medical advice as soon as possible
- Call your provider and inform them of any recent travel, especially to countries with reported cases

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

**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

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

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.

Be **SUPPORTIVE**  
Be **CAREFUL**  
Be **ALERT**  
Be **KIND**

Be **READY** to fight  
**#COVID19**

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**THANK YOU!**