

Coronavirus



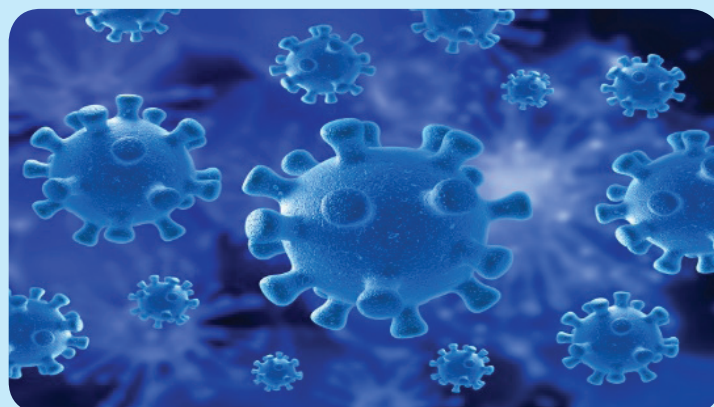
· Overview

Coronavirus disease (Covid-19) is an infectious disease caused by a newly discovered coronavirus. This disease was referred to '2019 novel coronavirus' or '2019-nCov'.¹ The Covid-19 virus is a new virus linked to the same family of viruses as Severe Acute Respiratory Syndrome (SARS) and some type of common cold. In late 2019, this virus that closely related to SARS Coronavirus first identified amid an outbreak in Wuhan City, Hubei Province, China. It was initially reported to the WHO on December 31st, 2019. The virus later named severe acute respiratory syndrome coronavirus 2 (SARS-Cov-2), caused an illness known as Covid-19, which was similar to SARS and was being characterized primarily by fever and respiratory symptoms.²

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.³

The virus was also highly contagious. By early 2020, it had spread through-out regions of China and had reached around the globe having been carried by travelers from affected regions. On January 30th, 2020, the WHO declared the Covid-19 outbreak a global health emergency. On March 11th, 2020, the World Health organization declared the outbreak a pandemic. Its first such designation since declaring H1N1 Influenza a pandemic in 2009.

Since it has been declared as the outbreak a pandemic, a travel to, from and within many countries was severely restricted in an effort to control its spread. In many areas, school and many businesses closed, and stay-at-home guidelines were implemented, which strongly encouraged people not to leave their places of residence.



1 "Covid-19, what you need to know about the virus to protect you and your family," n.d. UNICEF, accessed May 2nd, 2020, <https://www.unicef.org/indonesia/coronavirus/FAQ>

2 "Coronavirus," Encyclopedia Britannica, n.d. accessed May 2nd, 2020, <https://www.britannica.com/science/coronavirus-virus-group>

3 "Coronavirus," n.d. WHO, accessed May 2nd, 2020, https://www.who.int/health-topics/coronavirus#tab=tab_1



• How it Spread and Symptoms

The Covid-19 spreads from person to person in close proximity, similar to other respiratory illnesses, such as the flu. Droplets or bodily fluids such as saliva or mucus from an infected person are dispersed in the air or on surfaces by coughing or sneezing. These droplets can come into direct contact with other people or can infect those who pick them up by touching infected surfaces and then their face. According to scientist, cough and sneezes can travel several feet and stay suspended in the air or surfaces for several hours. It is not yet known how long the virus can survive outside a host, but in other viruses, it ranges from a few hours to months. It is believed that there is no existing immunity in anyone it will encounter. Some level of immunity will naturally develop overtime, but this means that those with compromise immune systems, such as the elderly or sick, are most at risk of becoming severely ill or dying from the Coronavirus. Although the total number of deaths has now exceeded those recorded during the 2002—2003 outbreak of severe acute respiratory syndrome (SARS), the current mortality rate is much lower than that of SARS. The Coronavirus mortality rate stands at 2.4%, while SARS killed 9.6% of those infected. ⁴

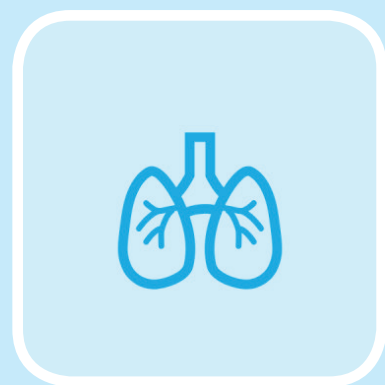
Covid-19 affects different people in different ways. Most infected people will develop mild to moderate illness and recover without hospitalization. Most common symptoms can include;



Fever



Cough



Shortness of Breath

⁴ "How Does Coronavirus spread and how Can you Protect Yourself?" March 15th, 2020, Aljazeera, accessed May 2nd, 2020, <https://www.aljazeera.com/news/2020/01/coronavirus-spread-protect-200130115539072.html>



Less common symptoms:

- Aches and pains.
- Sore throat.
- Diarrhea.
- Conjunctivitis.
- Headache.
- Loss of Taste or smell.
- A rash on skin, or discoloration of fingers or toes.

Serious Symptoms:

- Difficult breathing or shortness of breath.
- Chest pain or pressure.
- Loss of speech or movement.

You might have to seek immediate medical attention if you have serious symptoms. Yet people with mild symptoms who are otherwise healthy should manage their symptoms at home. On average, it would take 5—6 days from when someone is infected with the virus from symptoms to show or even up to 14 days. Remember that some people without symptoms maybe able to spread the virus.⁵

Prevention

Here are four precautions to avoid infection:



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1. Wash your hands frequently using soap and water or an alcohol-based hand rub.
2. Cover mouth and nose with flexed elbow or tissue when coughing or sneezing. Dispose of used tissue immediately.
3. Avoid close contact with anyone who has cold or flu-like symptoms.
4. Seek medical care early if you or your child has a fever, cough, or difficulty breathing.

⁵ "Coronavirus Disease 2019 (Covid-19), How to protect Yourself and Others," n.d. CDC Centre for Disease control and Prevention, accessed May 2nd, 2020, <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

You should wash your hands often, especially before eating, after blowing your nose, coughing or sneezing, and going to the bathroom. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty. Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection then use a household disinfectant.

The used of mask is advised if you have respiratory symptoms (coughing or sneezing) to protect others. If you don't have any symptoms then there is no need to wear a mask. If mask were worn, they must be used and disposed properly to ensure their effectiveness and to avoid any increased risk of transmitting the virus. The used of mask alone is not enough to stop infection and must be combined with frequent hand washing, covering sneezes and coughs, and avoiding close contact with anyone with cold or flu-like symptoms.

Practice social distancing especially when you have to go out to buy groceries and medicine, go to the doctor, and complete banking activities online when possible. If you must go in person, stay at least 6 feet away from others and disinfect items you must or have touched. Get deliveries and takeout, and limit in person contact as much as possible.⁶

Until nowadays, there is no specific treatment for Covid-19, but you can seek medical care to help relief your symptoms. If you need medical attention, call ahead. The best way to protect yourself is to avoid being exposed to the virus that causes Covid-19. At this time, no specific vaccine has been founded, however there are many ongoing clinical trials evaluating potential treatments.



⁶ "What You Should Know About Covid-19 to Protect Yourself and Others," April 15th, 2020, CDC Centre for Disease control and Prevention, accessed May 2nd, 2020, <https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>