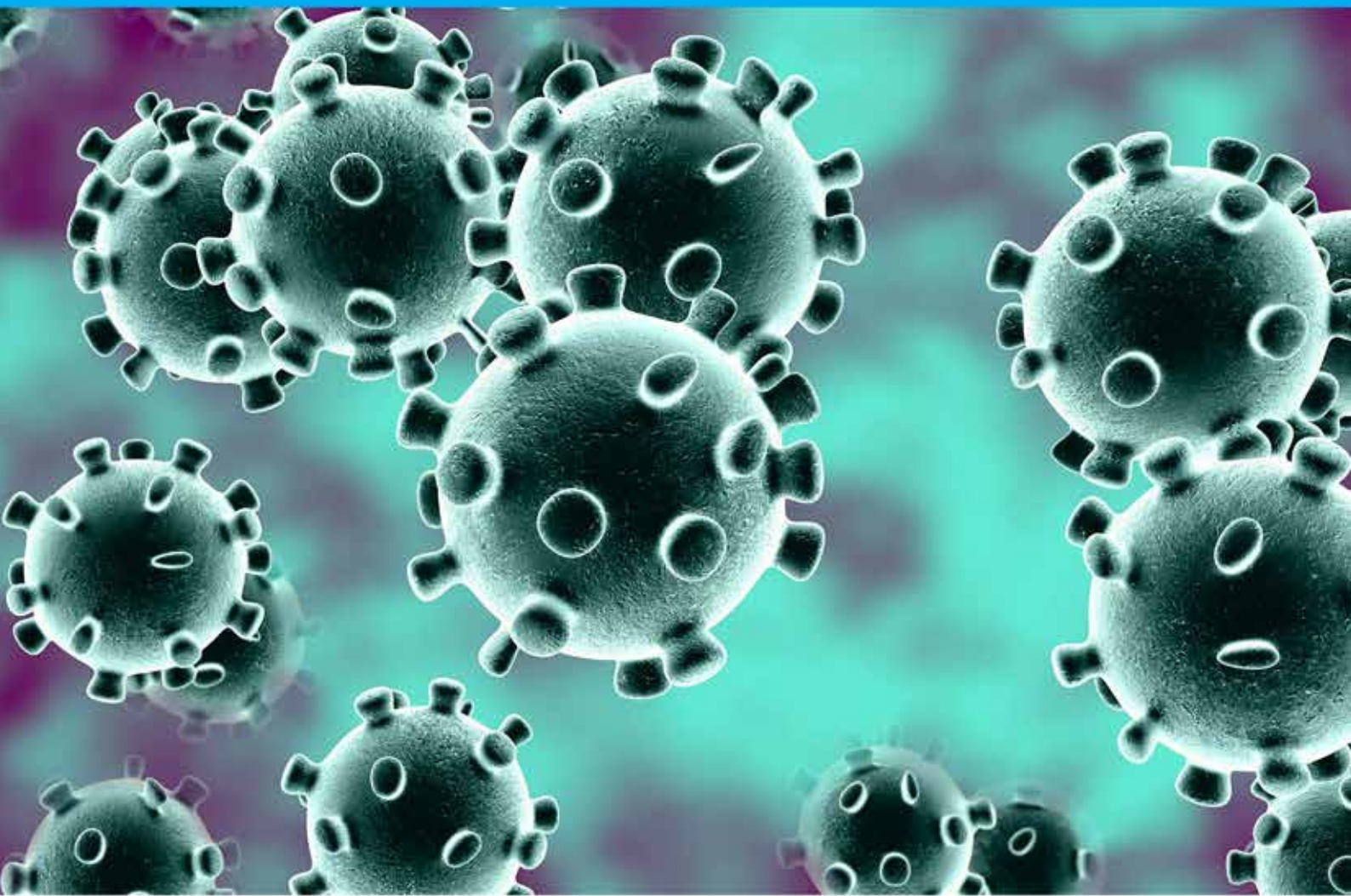


# novel coronavirus (covid-19)



## a comprehensive health awareness guide

## **Sources:**

The content in this document was adopted from World Health Organisation (WHO) website as detailed below:

World Health Organisation (WHO). Retrieved on 3 March 2020 and compiled, from:

Eng.: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

World Health Organisation (WHO), Eastern Mediterranean Regional Office. Retrieved on 3 March 2020 and compiled, from:

Eng.: <http://www.emro.who.int/health-topics/corona-virus/information-resources.html>

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# Question and Answers

## About novel corona virus





## What is a coronavirus?

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.



## 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. What are the symptoms of COVID-19?

The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell. Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. About 2% of people with the disease have died. People with fever, cough and difficulty breathing should seek medical attention.



## How does COVID-19 spread?

People can catch COVID-19 from others who have the virus. The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth. People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets. This is why it is important to stay more than 1 meter (3 feet) away from a person who is sick.

WHO is assessing ongoing research on the ways COVID-19 is spread and will continue to share updated findings.



## Can the virus that causes COVID-19 be transmitted through the air?

Studies to date suggest that the virus that causes COVID-19 is mainly transmitted through contact with respiratory droplets rather than through the air. See previous answer on "How does COVID-19 spread?"



## Can CoVID-19 be caught from a person who has no symptoms?

The main way the disease spreads is through respiratory droplets expelled by someone who is coughing. The risk of catching COVID-19 from someone with no symptoms at all is very low. However, many people with COVID-19 experience only mild symptoms. This is particularly true at the early stages of the disease. It is therefore possible to catch COVID-19 from someone who has, for example, just a mild cough and does not feel ill. WHO is assessing ongoing research on the period of transmission of COVID-19 and will continue to share updated findings.



## Can I catch COVID-19 from the feces of someone with the disease?

The risk of catching COVID-19 from the feces of an infected person appears to be low. While initial investigations suggest the virus may be present in feces in some cases, spread through this route is not a main feature of the outbreak. WHO is assessing ongoing research on the ways COVID-19 is spread and will continue to share new findings. Because this is a risk, however, it is another reason to clean hands regularly, after using the bathroom and before eating.

### What can I do to protect myself and prevent the spread of disease?

#### Protection measures for everyone

Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority. COVID-19 is still affecting mostly people in China with some outbreaks in other countries. Most people who become infected experience mild illness and recover, but it can be more severe for others. Take care of your health and protect others by doing the following:

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.

**Why?** Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

- Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.

**Why?** When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

- Avoid touching eyes, nose and mouth.

**Why?** Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

- Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

**Why?** Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.

- Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.

**Why?** National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

- Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19.

**Why?** National and local authorities will have the most up to date information on whether COVID-19 is spreading in your area. They are best placed to advise on what people in your area should be doing to protect themselves.

### **Protection measures for persons who are in or have recently visited (past 14 days) areas where COVID-19 is spreading**

- Follow the guidance outlined above. (Protection measures for everyone)
- Stay at home if you begin to feel unwell, even with mild symptoms such as headache and slight runny nose, until you recover.

**Why?** Avoiding contact with others and visits to medical facilities will allow these facilities to operate more effectively and help protect you and others from possible COVID-19 and other viruses.

- If you develop fever, cough and difficulty breathing, seek medical advice promptly as this may be due to a respiratory infection or other serious condition. Call in advance and tell your provider of any recent travel or contact with travelers.

**Why?** Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also help to prevent possible spread of COVID-19 and other viruses.

### **How likely am I to catch COVID-19?**

The risk depends on where you live or where you have travelled recently. The risk of infection is higher in areas where a number people have been diagnosed with COVID-19. More than 95% of all COVID-19 cases are occurring in China, with the majority of those in Hubei Province. For people in most other parts of the world, your risk of getting COVID-19 is currently low, however, it's important to be aware of the situation and preparedness efforts in your area.



WHO is working with health authorities in China and around the world to monitor and respond to COVID-19 outbreaks.

### **Should I worry about COVID-19?**

If you are not in an area where COVID-19 is spreading, or if you have not travelled from one of those areas or have not been in close contact with someone who has and is feeling unwell, your chances of getting it are currently low. However, it's understandable that you may feel stressed and anxious about the situation. It's a good idea to get the facts to help you accurately determine your risks so that you can take reasonable precautions. Your healthcare provider, your national public health authority and your employer are all potential sources of accurate information on COVID-19 and whether it is in your area. It is important to be informed of the situation where you live and take appropriate measures to protect yourself. (See Protection measures for everyone).

If you are in an area where there is an outbreak of COVID-19 you need to take the risk of infection seriously. Follow the advice issued by national and local health authorities. Although for most people COVID-19 causes only mild illness, it can make some people very ill. More rarely, the disease can be fatal. Older people, and those with pre-existing medical conditions (such as high blood pressure, heart problems or diabetes) appear to be more vulnerable.

### **Who is at risk of developing severe illness?**

While we are still learning about how COVID-2019 affects people, older persons and persons with pre-existing medical conditions (such as high blood pressure, heart disease, or diabetes) appear to develop serious illness more often than others.

### **Are antibiotics effective in preventing or treating the COVID-19?**

No. Antibiotics do not work against viruses, they only work on bacterial infections. COVID-19 is caused by a virus, so antibiotics do not work. Antibiotics should not be used as a means of prevention or treatment of COVID-19. They should only be used as directed by a physician to treat a bacterial infection.

### **Is there a vaccine, drug or treatment for COVID-19?**

Not yet. To date, there is no vaccine and no specific antiviral medicine to prevent or treat COVID-2019. However, those affected should receive care to relieve symptoms. People with serious illness should be hospitalized. Most patients recover thanks to supportive care.

Possible vaccines and some specific drug treatments are under investigation. They are being tested through clinical trials. WHO is coordinating efforts to develop vaccines and medicines to prevent and treat COVID-19.

The most effective ways to protect yourself and others against COVID-19 are to frequently clean your hands, cover your cough with the bend of elbow or tissue, and maintain a distance of at least 1 meter (3 feet) from people who are coughing or sneezing. For more information, see basic protective measures against the new coronavirus.



## Is COVID-19 the same as SARS?

No. The virus that causes COVID-19 and the one that causes Severe Acute Respiratory Syndrome (SARS) are related to each other genetically, but they are different. SARS is more deadly but much less infectious than COVID-19. There have been no outbreaks of SARS anywhere in the world since 2003.

### **Should I wear a mask to protect myself?**

People with no respiratory symptoms, such as cough, do not need to wear a medical mask. WHO recommends the use of masks for people who have symptoms of COVID-19 and for those caring for individuals who have symptoms, such as cough and fever. The use of masks is crucial for health workers and people who are taking care of someone (at home or in a health care facility).

WHO advises rational use of medical masks to avoid unnecessary wastage of precious resources and mis-use of masks (see Advice on the use of masks). Use a mask only if you have respiratory symptoms (coughing or sneezing), have suspected COVID-19 infection with mild symptoms, or are caring for someone with suspected COVID-19 infection. A suspected COVID-19 infection is linked to travel in areas where cases have been reported, or close contact with someone who has travelled in these areas and has become ill.

The most effective ways to protect yourself and others against COVID-19 are to frequently clean your hands, cover your cough with the bend of elbow or tissue and maintain a distance of at least 1 meter (3 feet) from people who are coughing or sneezing. For more information, see basic protective measures against the new coronavirus.

### **How to put on, use, take off and dispose of a mask?**

1. Remember, a mask should only be used by health workers, care takers, and individuals with respiratory symptoms, such as fever and cough.
2. Before touching the mask, clean hands with an alcohol-based hand rub or soap and water
3. Take the mask and inspect it for tears or holes.
4. Orient which side is the top side (where the metal strip is).
5. Ensure the proper side of the mask faces outwards (the coloured side).
6. Place the mask to your face. Pinch the metal strip or stiff edge of the mask so it moulds to the shape of your nose.
7. Pull down the mask's bottom so it covers your mouth and your chin.
8. After use, take off the mask; remove the elastic loops from behind the ears while keeping the mask away from your face and clothes, to avoid touching potentially contaminated surfaces of the mask.
9. Discard the mask in a closed bin immediately after use.
10. Perform hand hygiene after touching or discarding the mask – Use alcohol-based hand rub or, if visibly soiled, wash your hands with soap and water.





## How long is the incubation period for COVID-19?

The “incubation period” means the time between catching the virus and beginning to have symptoms of the disease. Most estimates of the incubation period for COVID-19 range from 114- days, most commonly around five days. These estimates will be updated as more data become available.



## Can humans become infected with the COVID-19 from an animal source?

Coronaviruses are a large family of viruses that are common in animals. Rarely, people get infected with these viruses which may then spread to other people. For example, SARS-CoV was associated with civet cats and MERS-CoV is transmitted by dromedary camels. Possible animal sources of COVID-19 have not yet been confirmed.

To protect yourself, such as when visiting live animal markets, avoid direct contact with animals and surfaces in contact with animals. Ensure good food safety practices at all times. Handle raw meat, milk or animal organs with care to avoid contamination of uncooked foods and avoid consuming raw or undercooked animal products.



## Can I catch COVID-19 from my pet?

No. There is no evidence that companion animals or pets such as cats and dogs have been infected or could spread the virus that causes COVID-19.



## How long does the virus survive on surfaces?

It is not certain how long the virus that causes COVID-19 survives on surfaces, but it seems to behave like other coronaviruses. Studies suggest that coronaviruses (including preliminary information on the COVID-19 virus) may persist on surfaces for a few hours or up to several days. This may vary under different conditions (e.g. type of surface, temperature or humidity of the environment).

If you think a surface may be infected, clean it with simple disinfectant to kill the virus and protect yourself and others. Clean your hands with an alcohol-based hand rub or wash them with soap and water. Avoid touching your eyes, mouth, or nose.



## **Is it safe to receive a package from any area where COVID-19 has been reported?**

Yes. The likelihood of an infected person contaminating commercial goods is low and the risk of catching the virus that causes COVID-19 from a package that has been moved, travelled, and exposed to different conditions and temperature is also low.



## **Is there anything I should not do?**

- Smoking
- Taking traditional herbal remedies
- Wearing multiple masks
- Taking self-medication such as antibiotics

In any case, if you have fever, cough and difficulty breathing seek medical care early to reduce the risk of developing a more severe infection and be sure to share your recent travel history with your health care provider.

<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

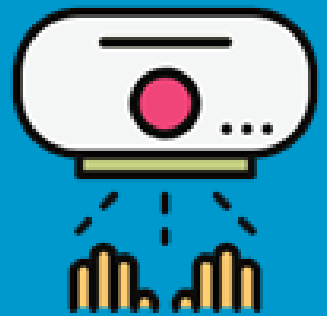
# Myths about the disease



No. Hand dryers are not effective in killing the COVID-19.

To protect yourself against the new coronavirus, you should frequently clean your hands with an alcohol-based hand rub or wash them with soap and water. Once your hands are cleaned, you should dry them thoroughly by using paper towels or a warm air dryer.

**Are hand dryers effective in killing the new coronavirus?**



UV lamps should not be used to sterilize hands or other areas of skin as UV radiation can cause skin irritation.

**Can an ultraviolet disinfection lamp kill the new coronavirus?**



Thermal scanners are effective in detecting people who have developed a fever (i.e. have a higher than normal body temperature) because of infection with the new coronavirus.

However, they cannot detect people who are infected but are not yet sick with fever. This is because it takes between 2 and 10 days before people who are infected become sick and develop a fever.

**How effective are thermal scanners in detecting people infected with the new coronavirus?**



No. Spraying alcohol or chlorine all over your body will not kill viruses that have already entered your body. Spraying such substances can be harmful to clothes or mucous membranes (i.e. eyes, mouth). Be aware that both alcohol and chlorine can be useful to disinfect surfaces, but they need to be used under appropriate recommendations.

**Can spraying alcohol or chlorine all over your body kill the new coronavirus?**



Yes, it is safe. People receiving packages from China are not at risk of contracting the new coronavirus.

From previous analysis, we know coronaviruses do not survive long on objects, such as letters or packages.

**Is it safe to receive a letter or a package from China?**



At present, there is no evidence that companion animals/pets such as dogs or cats can be infected with the new coronavirus. However, it is always a good idea to wash your hands with soap and water after contact with pets. This protects you against various common bacteria such as E.coli and Salmonella that can pass between pets and humans.

**Can pets at home spread the new coronavirus (COVID-19)?**



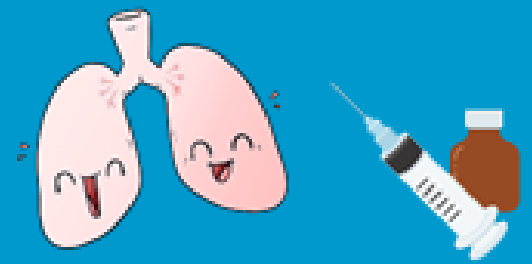


**No. Vaccines against pneumonia, such as pneumococcal vaccine and Haemophilus influenza type B (Hib) vaccine, do not provide protection against the new coronavirus.**

The virus is so new and different that it needs its own vaccine. Researchers are trying to develop a vaccine against COVID-19, and WHO is supporting their efforts.

Although these vaccines are not effective against COVID-19, vaccination against respiratory illnesses is highly recommended to protect your health.

**Do vaccines against pneumonia protect you against the new coronavirus?**



**No. There is no evidence that regularly rinsing the nose with saline has protected people from infection with the new coronavirus.**

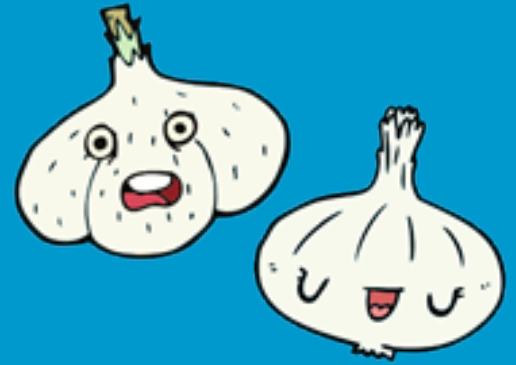
There is some limited evidence that regularly rinsing nose with saline can help people recover more quickly from the common cold. However, regularly rinsing the nose has not been shown to prevent respiratory infections.

**Can regularly rinsing your nose with saline help prevent infection with the new coronavirus?**



Garlic is a healthy food that may have some antimicrobial properties. However, there is no evidence from the current outbreak that eating garlic has protected people from the new coronavirus.

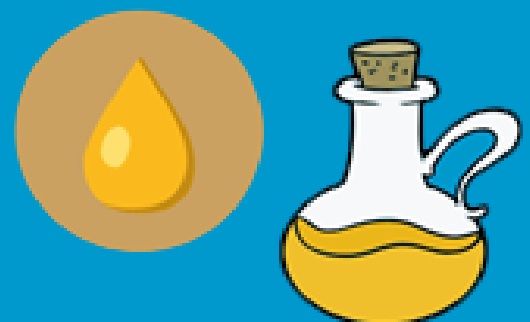
**Can eating garlic help prevent infection with the new coronavirus?**



No. Sesame oil does not kill the new coronavirus. There are some chemical disinfectants that can kill the COVID-19 on surfaces. These include bleach/chlorine-based disinfectants, either solvents, 75% ethanol, peracetic acid and chloroform.

However, they have little or no impact on the virus if you put them on the skin or under your nose. It can even be dangerous to put these chemicals on your skin.

**Does putting on sesame oil block the new coronavirus from entering the body?**



People of all ages can be infected by the new coronavirus (COVID-19). Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus.

WHO advises people of all ages to take steps to protect themselves from the virus, for example by following good hand hygiene and good respiratory hygiene.



**Does the new coronavirus affect older people, or are younger people also susceptible?**

No, antibiotics do not work against viruses, only bacteria.

The new coronavirus (COVID-19) is a virus and, therefore, antibiotics should not be used as a means of prevention or treatment.

However, if you are hospitalized for the COVID-19, you may receive antibiotics because bacterial co-infection is possible.

**Are antibiotics effective in preventing and treating the new coronavirus?**



To date, there is no specific medicine recommended to prevent or treat the new coronavirus (COVID-19).

However, those infected with the virus should receive appropriate care to relieve and treat symptoms, and those with severe illness should receive optimized supportive care. Some specific treatments are under investigation, and will be tested through clinical trials. WHO is helping to accelerate research and development efforts with a range of partners.

**Are there any specific medicines to prevent or treat the new coronavirus?**



**Fact: Respiratory droplets reach one meter from the person who coughs or sneezes**

When infected persons sneeze or cough, the virus is transmitted in droplets that can travel a certain distance from that person. So, in order to protect yourself from any respiratory virus, avoid close contact with anyone with fever and cough, and clean your hands frequently with an alcohol-based hand sanitizer or wash them with soap and water.

**Wrong concept: droplets secreted by a person when coughing or sneezing can transmit the emerging Coronavirus (COVID-19) for a distance of up to 8 meters**



**Fact: Corona viruses are viruses that do not spread through the air over long distances**

COVID-19 is a respiratory virus that is transmitted mainly by droplets secreted by an infected person during coughing or sneezing, or through saliva droplets or nasal secretions. Because of their heavy weight, these droplets cannot be transported with air. You can also become infected from touching your eyes, mouth, or nose after coming in contact with a contaminated surface. To protect yourself, clean your hands frequently with an alcohol-based hand sanitizer or wash them with soap and water.

**Misconception: The new Corona virus (COVID-19) can be spread through the air over long distances**



**No, facial masks, including flat medical masks or N95 series gags, should not be reused.** If you are in contact with a person who is infected with a new coronavirus or another respiratory infection, the front of the muzzle is indeed contaminated. The muzzle should be removed without touching it in front and properly disposed of. After removing the muzzle, the hands should be rubbed with an alcohol disinfectant or washed with soap and water.

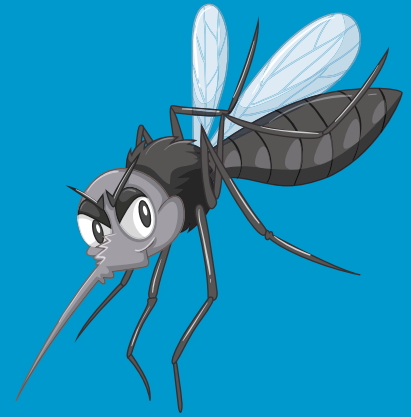
**Can the N95 Series Gags be reused?  
Can it be sterilized by hand sanitizer?**



**Fact: The new Corona virus (COVID-19)**

cannot be transmitted by mosquito bites  
Corona virus is an emerging respiratory virus that is transmitted mainly as a result of contact with an infected person, specifically through respiratory droplets that it secretes during coughing or sneezing, for example, or through saliva droplets or nasal secretions. There is as yet no information or evidence to suggest that the emerging corona virus can be transmitted by mosquitoes. To protect yourself from the virus, avoid close contact with anyone with fever and cough, and adhere to the rules of hygiene of the hands and respiratory tract.

**Misconception: The new Corona virus (COVID-19) can be transmitted by mosquito bites**



**Fact: Cold and Snow Cannot Kill Corona Virus (COVID-19)**

The normal human body temperature ranges between 36.5 and 37 ° C, regardless of external temperature or weather. Accordingly, there is no reason to believe that a cold can kill the emerging coronavirus or other diseases. Cleaning your hands frequently with an alcohol-based hand sanitizer or washing them with soap and water is the most effective way to protect yourself from the virus

**Misconception: Cold and snow can kill the new Corona virus (COVID-19)**

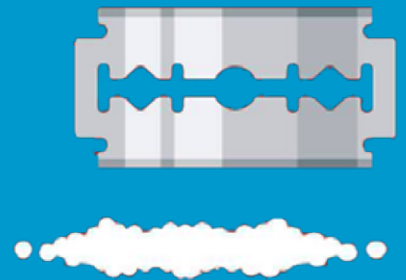




**Reality: Cocaine does not protect against the emerging coronavirus, but can even pose a health hazard**

Cocaine is an addictive stimulant, with dangerous side effects and harmful to human health.

**Misconception: Cocaine can protect against Corona virus emerging (COVID-19)**



**Fact: The risk of developing a new Coronavirus (COVID-19) as a result of touching things, including coins, banknotes, or credit cards, is very weak.**

Initial information indicates that a new coronavirus (COVID-19) can survive on the surfaces for a few hours or more. And something can be exposed to contamination of the virus emerging from the virus infected person in the event of coughing, sneezing or in contact with it. The risk of infection with the emerging coronavirus, as a result of contact with things, including coins, banknotes, or even credit cards, is very low if the rules of hand hygiene are properly adhered to. Cleaning your hands frequently with an alcohol-based hand sanitizer or washing them with soap and water is the best way to protect yourself from the virus.

**Misconception: The new Corona virus (COVID-19) can be transmitted by things like coins and banknotes**



## **Fact: Urine cannot protect against the emerging coronavirus**

Urine does not kill viruses or germs. In fact, urine may contain small amounts of viral or bacterial substances. Washing your hands or cleaning surfaces in children's urine will not protect you from the emerging corona virus (COVID-19). Instead, clean your hands frequently with an alcohol-based hand sanitizer or wash them with soap and water. Clean surfaces with familiar household antiseptics.

## **Misconception: Kids urine can protect against coronavirus (COVID-19)**



# Novel Coronavirus



## How to protect yourself and others from infection

### Follow these good practices



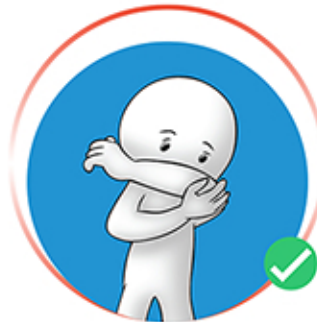
Always wash your hands with soap and running water when hands are visibly dirty. If your hands are not visibly dirty you can use an alcohol-based hand rub or soap and water.



Contact your nearest health care provider if you have fever and either cough or difficulty breathing, along with a history of travelling to one of the epidemic countries.



Cover your mouth and nose with disposable tissue when coughing or sneezing and dispose of tissue immediately after use.



Cough or sneeze into your upper sleeve or bended arm if a tissue is not available.

### Things to avoid



Avoid close contact with people who have travelled from the areas experiencing an outbreak or those who show cold or flu-like symptoms.



Avoid direct unprotected contact with live farm or wild animals, as well as surfaces in contact with animals.



Avoid eating or drinking uncooked animal products, including raw meat, eggs and milk.



Avoid eating animals that have died of disease.






# How to Handwash?

**WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB**

 Duration of the handwash (steps 2-7): **15-20 seconds**

 Duration of the entire procedure: **40-60 seconds**



Wet hands with water;



Apply enough soap to cover all hand surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.



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**SAVE LIVES**  
Clean Your Hands

# How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED



Duration of the entire procedure: 20-30 seconds

1a



Apply a palmful of the product in a cupped hand, covering all surfaces;

1b



2



Rub hands palm to palm;

3



Right palm over left dorsum with interlaced fingers and vice versa;

4



Palm to palm with fingers interlaced;

5



Backs of fingers to opposing palms with fingers interlocked;

6



Rotational rubbing of left thumb clasped in right palm and vice versa;

7



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

8



Once dry, your hands are safe.



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SAVE LIVES  
Clean Your Hands

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