

ALL YOU NEED TO KNOW ABOUT CORONAVIRUS DISEASE

WHAT IS CORONAVIRUS (SARS-CoV-2)?

Coronaviruses are large groups of viruses that are common amongst animals. These viruses can make people sick, usually with a mild to moderate upper respiratory tract illness, similar to a common cold.

A new strain of coronavirus called SARS-CoV-2 was identified in China and is associated with an outbreak of respiratory tract infections.

HOW IT SPREADS

SARS-CoV-2 spreads mainly via respiratory droplets produced when an infected person coughs or sneezes.

The SARS-CoV-2 is spread through:

- The air by coughing and sneezing.
- Close personal contact, less than 1 metre from another person who might be coughing or sneezing.
- Touching an object or surface with the virus on it, then touching your mouth, nose or eyes before washing your hands.



SYMPTOMS

Mild to severe respiratory illness with

- fever
- cough
- sore throat
- difficulty breathing

The complete clinical picture with regards to COVID-19 is still not clear.

Patients with underlying illness and the elderly appear to be at increased risk of severe illness.



WHO IS AT GREATER RISK?

Everybody who travelled to a country with ongoing community transmission is at risk of being infected with the virus.

TREATMENT

Treatment is supportive (e.g. provide oxygen for patients with shortness of breath or treatment for fever).

- There is no specific antiviral treatment available.
- Antibiotics do not treat viral infections. However, antibiotics may be required if secondary bacterial infection develops.

PREVENTION

There are currently no vaccines available to protect you against COVID-19. Transmission is reduced through:



Frequent hand hygiene: washing hands and alcohol handrub



Avoid touching eyes with unwashed hands



Avoid close contact with infected people



Cover your cough or sneeze with a tissue, once used throw away

If you are mildly sick, keep yourself hydrated, stay at home, and rest.

WHAT TO DO IF YOU SUSPECT YOU HAVE COVID-19?

Patients who suspect they might be infected with the SARS-CoV-2 virus can do a risk assessment on the Mediclinic website on www.mediclinic.co.za or contact the Mediclinic Hotline for further guidance.



For more information contact **Mediclinic's Hotline 0860 24 00 24.**