



**Advisory issued in public health interest by
Emergency Medicine Association of India**

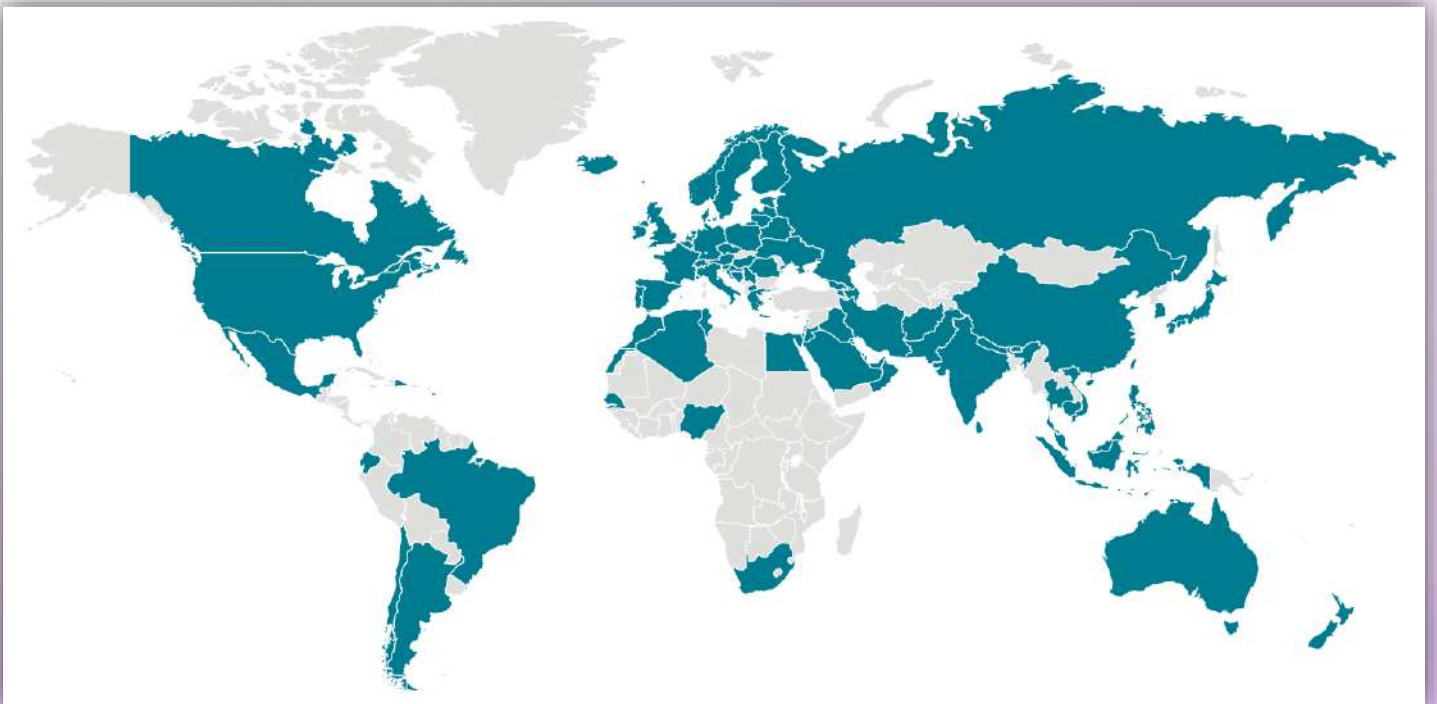


COVID - 19

Novel coronavirus

Coronavirus disease 2019 (**COVID-19**) is an infectious disease caused by severe acute respiratory syndrome coronavirus 2 (**SARS-CoV-2**), a virus closely related to the **SARS** virus. The 2019 novel coronavirus was identified in China at the end of 2019 and is a new strain that has not previously been seen in humans.

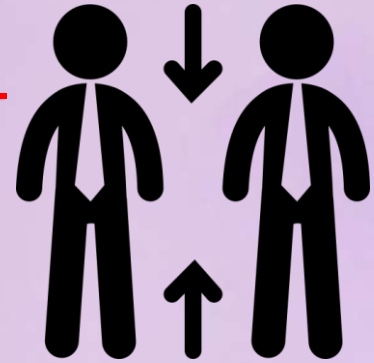
The **World Health Organization (WHO)** has declared the 2019–20 coronavirus outbreak a **Public Health Emergency of International Concern**.



Global case numbers are reported by the World Health Organization (WHO) in their COVID – 19 situation report (6th March 2020)

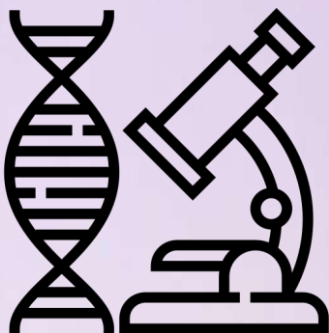
How does COVID-19 spread?

The virus usually spreads from **close person-to person contact** through respiratory droplets from coughing and sneezing.



It also may be possible to get infected by touching a surface or object that has the virus on it and then **touching their own mouth, nose, or eyes.**

Symptoms may develop **within 14 days of exposure** to the illness.



Only **designated laboratory tests** can diagnose the virus.

Symptoms of COVID - 19



Cough



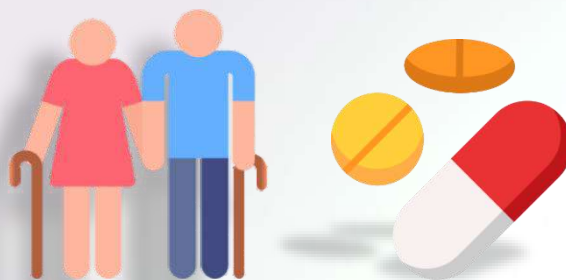
Fever



Shortness of
breath

The following symptoms **may appear 2-14 days after exposure**. In rare cases, it can lead to pneumonia in both lungs, multi-organ failure or even death.

Who are most at risk of becoming seriously ill ?



- People over the age of 60.
- People with pre-existing conditions such as diabetes and heart disease.

How can I protect myself?



Wash your hands frequently and thoroughly using soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren't available.



Cough or sneeze into a tissue or flexed elbow, then throw the tissue in the trash.



Avoid touching your eyes, nose or mouth with unwashed hands. Clean and disinfect surfaces and objects people frequently touch.



Avoid close contact with people who are sick, sneezing or coughing.



If you choose to wear a face mask, be sure to cover mouth and nose. Avoid touching mask once it's on. Immediately discard single-use mask after each use.



Stay home when you are sick.



Is there any vaccine or specific treatment ?



Currently there is no vaccine or specific treatment. We can only treat the symptoms. Serious cases may require oxygen and ventilatory support.



If you have travelled to areas where COVID-19 is circulating or have been in contact with someone who has it and you experience fever, cough or difficulty breathing, seek medical attention immediately. Do not self-medicate.

For any queries related to health:

- Call regional help-line provided by your State Government.
- Ministry of Health & Family Welfare 24X7 Helpline Number:
+91-11-23978046

References:

1. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
2. <https://www.paho.org/en/topics/coronavirus-infections>
3. <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

