

Information on Coronavirus

Coronaviruses are a large family of viruses. They can cause diseases ranging from the common cold to more severe diseases such as severe acute respiratory syndrome (SARS) and Middle East Respiratory Syndrome (MERS-CoV).

Transmission:

Coronavirus spreads like any other flu through droplet infection i.e. from an infected person's respiratory secretions, such as through coughing and sneezing, etc. also indirectly through infected body parts, e.g. secretion on the skin, like hands or infected materials.

Signs and symptoms:

Illness associated with the new coronavirus, named 2019-nCoV, have respiratory symptoms that include:

- Fever
- Sore throat
- Coughing
- Difficulty breathing

If you become ill, please wear a mask and must isolate yourself from others until you are medically screened. Do not visit doctor's office personally and just inform your team leader of your symptoms so you can be screened according to prepared infection prevention procedures by the host medical team and have care provided. You should also tell your medical provider if you have had close contact with a sick person or had another high-risk exposure.

To help prevent coronavirus infection, do the same things you do to avoid the common cold:

1. Wash your hands thoroughly with soap and warm water or with an alcohol-based hand sanitizer; especially after sneezing, coughing, or going to the washroom, before eating or handling any food.
2. Keep your hands and fingers away from your eyes, nose, and mouth.
3. Avoid close contact with people who are infected.
4. Cough or sneeze into your forearm not your hands.

Diagnosis:

Your healthcare provider may order laboratory tests on respiratory specimens and serum (part of your blood) to detect human coronaviruses.

Treatments include taking care of yourself and over-the-counter (OTC) medication:

1. Rest and avoid overexertion.
2. Drink enough water.
3. Avoid smoking and smoky areas.
4. Take acetaminophen, ibuprofen or naproxen to reduce pain and fever