What is Coronavirus Covid-19?

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.

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.

The best way to prevent and slow down transmission is be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing your hands or using an alcohol based rub frequently and not touching your face.

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it’s important that you also practice respiratory etiquette (for example, by coughing into a flexed elbow).
At this time, there are no specific vaccines or treatments for COVID-19. However, there are many ongoing clinical trials evaluating potential treatments.

How to protect yourself against Covid19
The correct way to wash hands
What are the symptoms of Coronavirus Covid-19?

The COVID-19 virus affects different people in different ways. COVID-19 is a respiratory disease and most infected people will develop mild to moderate symptoms and recover without requiring special treatment. People who have underlying medical conditions and those over 60 years old have a higher risk of developing severe disease and death.

Common symptoms include:
- fever
- tiredness
- dry cough.

Other symptoms include:
- shortness of breath
- aches and pains
- headache
- loss of taste or smell
- sore throat
- nose or throat congestion or runny nose
- cough
- fatigue

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 thoroughly with a single use towel
Use towel to turn off faucet
...and your hands are safe.
sore throat

and very few people will report diarrhoea, nausea or a runny nose. People with mild symptoms who are otherwise healthy should self-isolate and contact their medical provider or a COVID-19 information line for advice on testing and referral. People with fever, cough or difficulty breathing should call their doctor and seek medical attention.