



CORONA VIRUS : ADVISORY

It is Public Health Emergency of International Concern (PHEIC).

On 31st December 2019, China informed WHO Country Office regarding cases of **pneumonia of unknown etiology** from Wuhan City, Hubei, China.

- On 7th January 2020, a **novel Coronavirus (2019-nCoV)** or **Wuhan Pneumonia** or **Wuhan Coronavirus** identified as the causative virus by Chinese authorities.
- **Coronaviruses (CoV)** are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as : **Middle East Respiratory Syndrome (MERS-CoV)**, **Severe Acute Respiratory Syndrome (SARS-CoV)**. A novel Coronavirus (nCoV) is a new strain that has not been previously identified in humans.
- Coronaviruses are **zoonotic viruses**, transmitted between animals and people.

We are learning – “building the ship while sailing” – Where it came from and how it affects people.

Mode of transmission :

Infected people **coughing, sneezing** and **touching infected persons hands/face or touching door knobs** that infected people have touched. Transmitted by **Respiratory Aerosol Secretions**. Almost everyone gets Coronavirus infection atleast once in their life.

Incubation period : Two days to two weeks

Symptoms :

Running of nose, cough, fever, sore throat. **Pneumonia** – viral or secondary bacterial pneumonia in heart patients or if immune system is weak. **Bronchitis** – viral or secondary bacterial bronchitis. Common in Winter, early spring season. These viruses continually circulate in human population and cause **respiratory infection** in human world wide.

Treatment :

- No specific treatment for the virus.
- Treatment is supportive.
- No vaccine as yet.
- Seek medical care if you have fever, cough and difficulty in breathing.

Control measures :

- Stay at home, don't travel while sick, cover your mouth and nose with tissue paper or your sleeves and not with your hand when coughing or sneezing.
- Wash your hands often with **soap and warm water** or **Alcohol based hand sanitizer**.
- Keep your fingers away from eyes, nose, mouth.
- Avoid close contact with people who are infected.
- **N95 mask** may be used to ward off the infection.
- When visiting markets, **avoid direct unprotected contact with live animals and surfaces in contact with animals**.

So far mild to severe disease but fatal in some.

Case fatality ratio (CFR) is 2.8% • SARS CFR about 10%.

Countries to prevent importation of virus.

Travel advisory and thermal screening at airports.

(Dr. Sunil)
Chief Medical Officer