

CORONA COVID-19 VIRUS

The Coronavirus (COVID-19) was first reported in Wuhan, Hubei, China in December 2019, the outbreak was later recognized as a pandemic by the World Health Organization (WHO) on 11 March 2020.

How To Protect

About COVID-19

WORLDWIDE CASES

360088320

DEATHS

3861616

RECOVERED

345728488

*Last updated: sep 07, 2022, 05:54 PM Cairo/Egypt



ABOUT THE DISEASE

CORONAVIRUS (COVID-19)

COVID-19 is a new illness that can affect your lungs and airways It's caused by a virus called coronavirus. It was discovered in December 2019 in Wuhan, Hubei, China. Common signs of infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death. Standard recommendations to prevent infection spread include regular hand washing, covering mouth and nose when coughing and sneezing, thoroughly cooking meat and eggs. Avoid close contact with anyone showing symptoms of respiratory illness such as coughing and sneezing.

What you need to know	
How coronavirus is spread	→
Symptoms of coronavirus	→
How to protect yourself	→
Treatment for coronavirus	→
Myth-Busters of coronavirus	→
Questions & answers	→

HOW CORONAVIRUS IS SPREAD TRANSMISSION OF COVID-19

Because it's a new illness, we do not know exactly how coronavirus spreads from person to person. Similar viruses are spread in cough droplets.

Person-to-person spread as close contact with infected

The coronavirus is thought to spread mainly from person to person. This can happen between people who are in close contact with one another.

Touching or contact with infected surfaces or objects

A person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.

Droplets that from infected person coughs or sneezes

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Have a question about spreading?

WHAT ARE THE SYMPTOMS OF COVID-19? SYMPTOMS OF CORONAVIRUS

The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually. Also the symptoms may appear 2-14 days after exposure.

Fever

High Fever - this means you feel hot to touch on your chest or back (you do not need to measure your temperature). It is a common sign and also may appear in 2-10 days if you affected.

Cough

Continuous cough - this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual).

Shortness of breath

Difficulty breathing - Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing or shortness of breath.

Stay at home and call your doctor: If you think you have been exposed to COVID-19 and develop a fever and any symptoms, such as cough or difficulty breathing, call your healthcare provider as soon as possible for medical advice.

Have question? Find answer

HOW TO PROTECT YOURSELF?

PREVENTION & ADVICE

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). **The best way to prevent illness is to avoid being exposed to this virus.** Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority.

Wash your hands frequently

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water for at least 20 seconds.

Maintain social distancing

Maintain at least 1 metre (3 feet) distance between yourself & anyone who is coughing or sneezing. If you are too close, get chance to infected.

Avoid touching face

Hands touch many surfaces and can pick up viruses. So, hands can transfer the virus to your eyes, nose or mouth and can make you sick.

Practice respiratory hygiene

Maintain good respiratory hygiene as covering your mouth & nose with your bent elbow or tissue when cough or sneeze.

Check how you wash hand

Q&A on coronavirus

Take steps to protect others

- Stay home if you're sick** - Stay home if you are sick, except to get medical care.
- Cover your mouth and nose** - with a tissue when you cough or sneeze (throw used tissues in the trash) or use the inside of your elbow.
- Wear a facemask if you are** - You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's
- Clean AND disinfect frequently touched surfaces daily** - This includes phones, tables, light switches, doorknobs, countertops, handles, desks, toilets, faucets, and sinks.
- Clean the dirty surfaces** - Use detergent or soap and water prior to disinfection.
- Stay informed about the local COVID-19 situation** - Get up-to-date information about local COVID-19 activity from **Public health officials**.
- Dedicated, lined trash can** - If possible, dedicate a lined trash can for the ill person. Use gloves when removing garbage bags, and handling & disposing of trash.



Follow steps to wash hands

Why do I need to wash hand

Soap on Hand

Plam on Plam

Between Fingers

Back to Hands

Clean with Water

Focus on Wrist

BE CAREFULL & STAY SAFE

TREATEMENT FOR CORONAVIRUS

To date, there is no vaccine and no specific antiviral medicine to prevent or treat COVID-2019. However, those affected should receive care to relieve symptoms. People with serious illness should be hospitalized. Most patients recover thanks to supportive care. Antibiotics do not help, as they do not work against viruses. Treatment aims to relieve the symptoms while your body fights the illness. You'll need to stay in isolation, away from other people, until you have recovered.

Self Care If you have mild symptoms, stay at home until you've recovered. You can relieve your symptoms if you

- Rest and sleep
- Keep warm
- Drink plenty of liquids
- Use a room humidifier or take a hot shower to help ease a sore throat and cough

Medical Treatments

If you develop a fever, cough, and have difficulty breathing, promptly seek medical care. Call in advance and tell your health provider of any recent travel or recent contact with travelers.

DO'S & DON'TS

PROTECT YOURSELF

The best thing you can do now is plan for how you can adapt your daily routine. Take few steps to protect yourself as Clean your hands often, Avoid close contact, Cover coughs and sneezes, clean daily used surfaces etc. The best way to prevent illness is to avoid being exposed to this virus.

- Avoid close contact
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FREQUENTLY ASKED QUESTIONS COMMON QUESTION & ANSWER

Coronavirus Disease 2019 Basics	
How It Spreads	What is a novel coronavirus?
How to Protect Yourself	Why is the disease being called coronavirus disease 2019, COVID-19?
Symptoms & Testing	How can people help stop stigma related to COVID-19?
Outbreak in Your Community	Why might someone blame or avoid individuals and groups?
Myth-Busters of coronavirus	

RECENT FROM BLOG

LATEST UPDATE

Caring for someone at home

Most people who get sick with COVID-19 will have only mild illness and should recover at home. Care at home can help stop the spread of COVID-19

15 ways to keep safe and healthy

Most people who get sick with COVID-19 will have only mild illness and should recover at home. Care at home can help stop the spread of COVID-19

If You Think You Are Sick

If you are sick with COVID-19 or think you might have it, follow the steps below to help protect other people in your home and community