COVID-19 is a disease caused by the “novel corona virus”. Corona viruses that range from cold to MERS corona virus, which is Middle East Respiratory Syndrome corona virus and SARs, Severe acute respiratory syndrome corona virus.

People may be sick with the virus for 1 to 14 days before developing symptoms. The most common symptoms of corona virus are fever, tiredness and dry cough. Most people (about 80%) recover from the disease without needing special treatment

You can protect yourself and help prevent spreading the virus to others if you: 1) wash your hands for 20 second. 2) cover your nose and mouth with a tissue when you cough or sneeze. 3)Avoid close contact. 4)stay home and self-isolate.

I’m utilizing this quarantine time in semester preparation, meditation ,some physical exercises and enjoying indoor games.