Covid 19

* Information

Coronavirus disease 2019 (COVID-19), commonly known as COVID or the coronavirus, is an infectious disease caused by the coronavirus 2 which causes severe acute respiratory syndrome (SARS-CoV-2).

COVID-19 is spread through the air when droplets and tiny airborne particles bearing the virus are inhaled. Breathing them in is most dangerous when individuals are close together, but they can also be inhaled over greater distances, especially indoors.

Transmission can also occur if infected fluids are splashed or sprayed in the eyes, nose, or mouth, as well as via contaminated surfaces. People can be infectious for up to 20 days after contracting the virus, and they can spread it even if they don't show any symptoms.

The virus and disease were termed "coronavirus" and "Wuhan coronavirus" during the original epidemic in Wuhan, and the disease was named "Wuhan pneumonia." Many illnesses have been named after geographical areas in the past.

According to 2015 guidance and international guidelines against using geographical locations (e.g. Wuhan, China), animal species, or groups of people in disease and virus names, the WHO recommended 2019-nCoV and 2019-nCoV acute respiratory disease as interim names for the virus and disease in January 2020.

On February 11, 2020, the WHO announced the official designations COVID-19 and SARS-CoV-2. According to Tedros Adhanom, CO stands for corona, VI for virus, D for disease, and 19 for 2019 (the year in which the outbreak was first identified).

In public communications, the WHO also refers it "the COVID-19 virus" and "the virus that causes COVID-19."

* Symptoms

*Most common symptoms*:

* fever
* cough
* tiredness
* loss of taste or smell

*Less common symptoms:*

* sore throat
* headache
* aches and pains
* diarrhoea

a rash on skin, or discolouration of fingers or toes

* red or irritated eyes

*Serious symptoms*:

* difficulty breathing or shortness of breath
* loss of speech or mobility, or confusion
* chest pain
* Precautions

*To prevent the spread of COVID-19*:

* Maintain a safe distance from others (at least 1 metre), even if they don’t appear to be sick.
* Wear a mask in public, especially indoors or when physical distancing is not possible.
* Choose open, well-ventilated spaces over closed ones. Open a window if indoors.
* Clean your hands often. Use soap and water, or an alcohol-based hand rub.
* Get vaccinated when it’s your turn. Follow local guidance about vaccination.
* Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze.
* Stay home if you feel unwell