

What I know about Viruses

ANDY

INFLUENZA

I will talk about possibly the most common virus in the world, Influenza. I am talking about a mix of all three strains of Influenza, and my information is very basic, go check out the World health organisation's website for detailed info, now, I am getting derailed and off track.

Influenza mainly gives you an unpleasant fever and makes you feel tired and weak for a few weeks, and you also feel very cold all the time.

This is the full list, with Google as the source.

People may experience:

Pain areas: in the muscles

Cough: can be dry or with phlegm

Whole body: chills, dehydration, fatigue, fever, flushing, loss of appetite, body ache, or sweating

Nasal: congestion, runny nose, or sneezing

Also common: chest pressure, head congestion, headache, nausea, shortness of breath, sore throat, or swollen lymph nodes

Most of these symptoms are pretty rare, and only show themselves in the sickest patients. It's pretty similar to the symptoms of Severe Acute Respiratory Syndrome (SARS) related Coronavirus 2 aka Novel Coronavirus (COVID-19). This is the full list of Severe Acute Respiratory Syndrome (SARS) related Coronavirus 2 aka Novel Coronavirus (COVID-19)'s Symptoms from the World Health Organisation.

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. Some people become infected but don't develop any symptoms and don't feel unwell.

EBOLA

Signs and Symptoms

Symptoms may appear anywhere from 2 to 21 days after contact with the virus, with an average of 8 to 10 days. The course of the illness typically progresses from “dry” symptoms initially (such as fever, aches and pains, and fatigue), and then progresses to “wet” symptoms (such as diarrhea and vomiting) as the person becomes sicker. Symptoms of Ebola often include some of the following:

Fever

Aches and pains

Weakness and fatigue

Gastrointestinal symptoms Abdominal (stomach) pain

Unexplained hemorrhaging, bleeding or bruising

Other symptoms may include red eyes, skin rash, and hiccups (late stage).

Many common illnesses can have the same symptoms as EVD, including influenza (flu), malaria, or typhoid fever.

EVD is a rare but severe and often deadly disease. Recovery from EVD depends on good supportive clinical care and the patient’s immune response. Studies show that survivors of Ebola virus infection have antibodies that can be detected in the blood up to 10 years after recovery. [Ebola](#) is a rare but deadly virus that causes fever, body aches, and diarrhea, and sometimes bleeding inside and outside the body.

As the virus spreads through the body, it damages the [immune system](#) and organs. Ultimately, it causes levels of [blood](#)-clotting cells to drop. This leads to severe, uncontrollable bleeding.

The disease was known as [Ebola](#) haemorrhagic [fever](#) but is now referred to as [Ebola virus](#). It kills up to 90% of people who are infected.



VARICELLA- ZOSTER (CHICKENPOX- ZOSTER)

- ▶ The varicella-zoster virus (VZV) is so named because it causes two distinct illnesses: varicella (chickenpox), following primary infection, and herpes zoster (shingles), following reactivation of latent virus. Varicella is a highly contagious infection with an incubation period of 10-21 days, most commonly 14-16 days, after which a characteristic rash appears. Acute varicella may be complicated by secondary bacterial skin infections, haemorrhagic complications, cerebellitis, encephalitis, and viral and bacterial pneumonia. About 5% of infections are subclinical.
- ▶ In unvaccinated populations, varicella is primarily a childhood illness with more than 80%-90% of the population in temperate countries developing clinical or serological infection by adolescence. Varicella is generally a benign, self-limiting illness in children, but morbidity and mortality rates are higher in adults,⁶ at the extremes of ages, and in the immunocompromised.
- ▶ Herpes zoster or shingles is a sporadic disease, caused by reactivation of latent VZV in sensory nerve ganglia. It is usually self-limiting and is characterised by severe pain with dermatomal distribution, sometimes followed by post-herpetic neuralgia which can be chronic and debilitating in the elderly.

COVID-19

- ▶ Transferred from bats to some entity, then to humans.
- ▶ Either this would be a virus that sticks with us forever, or we eradicate it like smallpox.
- ▶ I think that nevertheless, a vaccine will be developed, then a cure will come. If not, then the world will become a different place, with the population capped at 7 billion.
- ▶ You should download the CoviSafe app, as it can tell you if you have been in contact with a confirmed case, but in my opinion, it stops you from spreading the virus, but creates a lot of panic for you. The CoviSafe app is a good addition to society to help combat the pandemic.

Spike Glycoprotein (S)

RNA and N protein

Envelope

Hemagglutinin-esterase dimer (HE)

COVID - 19

- ▶ SARS and MERS and Influenza are all cousins to Covid - 19 (SARS Cov-2).
- ▶ SARS, MERS and COVID are all
- ▶ Beta - coronaviruses. There are 4 types of coronaviruses, 1, 2, 3, 4
- ▶ Or Alfa-coronavirus, Beta-coronavirus, and two more. I am not sure of the last two names, but I am sure that there are four types.
- ▶ Covid is transferred mainly through the air, but can also spread via infected surfaces. Avoid unnecessary surfaces that other people have touched, and avoid people who show symptoms of Covid. (duh.)

Some popular (But really stupid) “ Cures that don’t work ”

Drinking bleach DOES NOT cure Covid or make you Immune. Even though because now you are most many people try, Yes, you will be immune, likely dead from drinking bleach.

(Do NOT inject bleach, or bathe in it. death may occur!)

Eating hot peppers, will not cure Covid. What makes some people think that??! (Even though peppers are tasty, NO.)

5G networks DO NOT transmit Covid. What are people thinking, or just mad from their games not loading fast enough?!

A UV lamp will not disinfect your hands. DO NOT waste your money on one.

Garlic, Like peppers Will NOT cure Covid.

For more myths, screenshot the WHO’s link here.

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

Any Questions?

