

coronavirus disease COVID 19 is an infectious disease caused by a newly discovered coronavirus. Most people who fall sick with COVID 19 will experience mild to moderate symptoms and recover without special treatment.

How it spreads?

The virus that causes COVID 19 is mainly transmitted through droplets generated when an infected person coughs, sneezes, or exhales. These droplets are too heavy to hang in the air, and quickly fall on floors or surfaces. You can be infected by breathing in the virus if you are within close proximity of someone who has COVID 19, or by touching a contaminated surface and then your eyes, nose or mouth.

How dangerous is COVID 19?

Although for most people COVID 19 causes only mild

illness, it can make some people very ill. More rarely, the disease can be fatal. Older people, and those with pre existing medical conditions such as high blood pressure, heart problems or diabetes appear to be more vulnerable.

What is the recovery time for the coronavirus disease?

Using available preliminary data, the median time from onset to clinical recovery for mild cases is approximately 2 weeks and is 3-6 weeks for patients with severe or critical disease.

Does drinking lots of water help flush out COVID 19?

There is no evidence that drinking lots of water flushes out the new coronavirus or that stomach acid kills the virus. However, for good health in general, it is recommended that people should have adequate water every day for good health and to prevent

dehydration.