

# **CORONA VIRUS:** FACTS AND MYTHS

BY RABBII ([WWW.RABBII.CO.KE](http://WWW.RABBII.CO.KE))  
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# 1. WHAT IS CORONA VIRUS?

Coronavirus is a large family of viruses that may cause illness in humans and animals. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold, MARS, SARS, etc.

The most recent discovered coronavirus is officially called SARS-CoV-2 and causes the coronavirus disease or the COVID 19.



## Did you know?

Coronavirus is not new, this family of the virus has been existent for a while, but COVID 19 was recently discovered.

# CORONAVIRUS OUTBREAK

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## 2. HOW CORONAVIRUS IS SPREAD?

The virus is spread through droplets transmitted into the air from coughing or sneezing by an infected person. Infection happens when you take in the droplets through your nose, mouth and eyes only as through these they can reach the respiratory tract. It is not transmitted through blood or sweat.



### Did you know?

Touching contaminated objects doesn't infect you until you touch your eyes, nose or mouth without washing your hands properly.



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### 3. WHAT IS A CONTAMINATED OBJECT?

When the droplets from a cough or sneeze from an infected person land on an object or their hands, we say the object is contaminated. Most common objects are clothes worn, handkerchiefs, a person's hands and anything mostly used to cover your mouth as you cough or sneeze. Also, objects handled regularly like doorknobs, money, phones, etc, can easily be contaminated.



#### Did you know?

General cleaning of such items with detergents or soap and washing your hands after handling common items will keep the virus at bay.



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## 4. HOW LONG DOES THE VIRUS SURVIVE?

A lot of research hasn't been done as the virus has been recently discovered, though recent studies suggest that the virus can last up to 3 hours in the air, 4 hours on copper, a day on cardboard, 2-3 days on plastics and stainless steel. Though factors such as sunlight may reduce the time as ultraviolet light is a powerful disinfectant.



### Did you know?

Food is probably not a major risk factor. That's because most infection from the new coronavirus starts with the respiratory system, not the digestive tract.



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## 5. HOW DO I KNOW IF I HAVE CORONAVIRUS?

Like all diseases, it is hard to tell if you are sick during the incubation period which for COVID 19 is between 2-14 days. However, the good news is that it is very hard, though it can happen, to transmit the virus during this stage since the infected person transmits through droplets from coughing and sneezing. The most distinct symptoms are fever, difficulty in breathing and coughing usually dry.



### Did you know?

There is no verified way to test yourself. For example, holding your breath will not identify persons who are infected and have mild to no symptoms, and can be due to other reasons such as asthma. Also drinking water does not prevent infection according to WHO.



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## 6. HOW TO PROTECT YOURSELF?

**These are measures suggested by WHO:**

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
- Maintain at least 1 meter (3 feet) distance between yourself and anyone who is coughing or sneezing.
- Avoid touching eyes, nose and mouth with unclean hands.
- If you have fever, cough and difficulty breathing, seek medical care early and call in advance.
- Follow the directions of your national and local health authorities as they have the most up to date information on the situation in your area.
- Follow no-touch greeting to avoid transmissions. Prefer “namaste” or hand waving over a handshake.



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# 7. HOW TO PROTECT YOUR FAMILY?

**These are measures suggested by Center For Disease Control:**

- Consider staying at home and away from crowds if you or a family member are an older adult or have underlying health issues.
- Create a list of local organizations you and your household can contact in case you need access to information, healthcare services, support, and resources.
- Choose a room in your house that can be used to separate sick household members from others.
- Clean and disinfect frequently touched objects and surfaces.
- Stay informed about the local outbreak situation.
- Avoid sharing personal items.
- Practice good hand hygiene

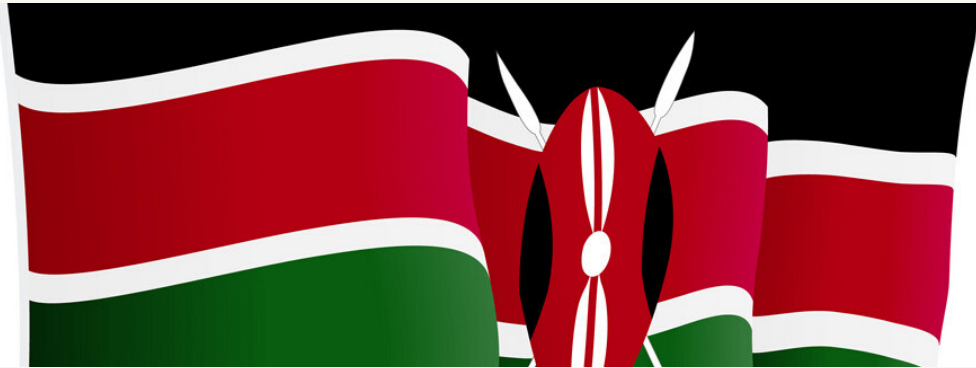


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## 8. HOW TO PROTECT OTHERS?

- If you develop symptoms of COVID 19, put yourself on self quarantine and seek medical attention.Call first.
- Avoid attending or hosting large gatherings.
- Embrace other form of greetings apart from shaking of hands and hugging.
- Do not share any information on the virus that you do not know the source or the source is not creditable.
- Stay up to date with the latest information on the spread of the virus from your local and national authorities.



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**Maintaining good hygiene and washing our hands thoroughly with soap and water will keep us safe from COVID 19 or Coronavirus**

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# REFERENCE:

**We would like to pay our special regards to:**

- World Health Organization
  - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
- Center for Disease Control
  - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Healthline
  - <https://www.healthline.com/health/coronavirus-covid-19>
- The SUN News
  - <https://www.the-sun.com/news/540460/warning-fake-diy-coronavirus-test-stopping-breathing-seconds/>
- National Public Radio
  - <https://www.npr.org/sections/health-shots/2020/03/14/811609026/the-new-coronavirus-can-live-on-surfaces-for-2-3-days-heres-how-to-clean-them>



**THE END**

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If you have any questions on Corona Virus we would be happy to help, just email us at:

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