



Coronavirus (Covid 19) Awareness

Overview

The COVID-19 outbreak, which was first detected in Wuhan, China, in December 2019, has been evolving rapidly. On 30 January 2020, the WHO Director-General declared that the current outbreak constituted a public health emergency of international concern, and on 12 March 2020 the COVID-19 outbreak was declared a pandemic.

The outbreak of coronavirus disease (COVID-19) has been declared a Public Health Emergency of International Concern (PHEIC) and the virus has now spread to many countries and territories. While a lot is still unknown about the virus that causes COVID-19, we do know that it is transmitted through direct contact with respiratory droplets of an infected person (generated through coughing and sneezing). Individuals can also be infected from touching surfaces contaminated with the virus and touching their face (e.g., eyes, nose, mouth). While COVID-19 continues to spread it is important that communities take action to prevent further transmission, reduce the impacts of the outbreak and support control measures.

This short course covers the fundamentals of infection prevention and control (IPC) for COVID-19 including:

- COVID-19 – what is it?
- Signs and symptoms
- Keeping safe – protecting yourself and others
- Myth busting

Course Objectives

At the end of this document you should be able to:

- Understand the basics about the COVID-19 virus, including how it is spread
- Describe what you can do to protect yourself and others
- Know what to do if you develop symptoms
- Know what to do if the person you are caring for develops symptoms
- Tell the difference between myths and facts about COVID-19.

COVID-19: Background

- Coronaviruses are a family of viruses that can make humans sick
- The new coronavirus disease, officially known as COVID-19, originated in China in 2019 and has since spread around the world
- Most people, around 80% who become infected with COVID-19, will experience only mild symptoms and fully recover without any special treatment
- Some people, 15% of those who become infected with COVID-19, will experience moderate symptoms
- A small number of people who become infected with COVID-19, approximately 5%, may experience severe symptoms and get very sick
- It is important to know how to protect yourself, your family and your community