CORONAVIRUS
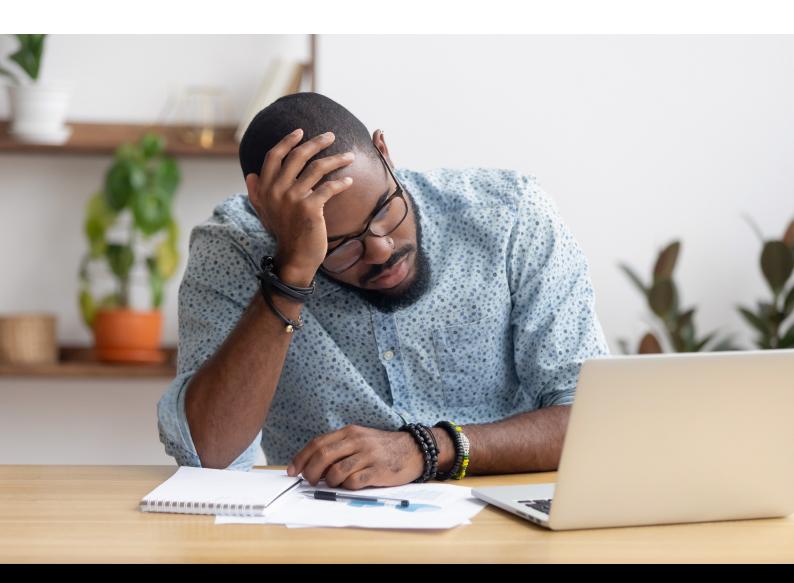# COVID-19

HARD FACTS

There are numerous viruses that can be classified as coronaviruses, many of which are not harmful to human beings. This is why this particular strain of coronavirus, which is dangerous, has been named COVID-19, according to the European Centre for Disease Prevention and Control (ECDC).

COVID-19 symptoms simplified: Cough, fever, difficulty breathing, muscle pain, fatigue – ECDC

- **COVID-19 prevention simplified:** Avoid contact with sick people, wash your hands with soap and water, cover your face and mouth when coughing and sneezing - ECDC

- The COVID-19 virus is believed to be transmitted via respiratory droplets and mostly via coughing and sneezing, says the ECDC.

- People of Asian descent are not more likely to get COVID-19. The Centers for Disease Control and Prevention (CDC) suggests we "stop fear by letting people know that being of Asian descent does not increase the chance of getting or spreading COVID-19."

- It's not necessary to wear a facemask if you're healthy unless instructed to do so by a health worker. "The CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory illnesses, including COVID-19."

- There is currently no evidence to suggest that products shipped from affected areas in China could transmit the virus, says the CDC.

- The World Health Organization (WHO) says that washing your hands with soap and water or alcohol-based sanitiser is still one of the best lines of defence but that hand dryers are not effective in killing this virus or other flu viruses. Paper towels are preferable.

- There is currently no vaccine for the COVID-19 coronavirus available.

- Rinsing your nose with saline or medicated spray does not help to prevent transmission of COVID-19 – WHO

- People of all ages can be affected by the virus but the elderly and people with pre-existing conditions may become more severely ill – WHO

- Taking antibiotics will not help to prevent you being infected with COVID-19 or any other virus – WHO