

WUHAN CORONAVIRUS OUTBREAK

WHAT YOU NEED TO KNOW



WHAT IS CORONAVIRUS?

Coronaviruses are a family of viruses that cause a range of illnesses from the common cold to severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

In December 2019, a new kind of coronavirus, 2019-nCov, was identified as the cause of various cases of pneumonia in Wuhan City, Hubei Province of China. It has become a concern because the origin and the exact conditions of its spreading are still not known.

HOW DO I RECOGNIZE IT?

The main symptoms of coronavirus resemble those of a bad cold or the flu, which can make detection difficult. They include:

- » Fever
- » Cough
- » Shortness of breath

More severe cases can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death. The incubation period is believed to be around two weeks.



KEY FACTS

- » Although 2019-nCov is in the same family as the viruses that cause MERS and SARS, it is in fact a different strain
- » As of January 23, the Chinese authorities have acknowledged 471 cases of 2019-nCov and 17 deaths across 13 Chinese provinces
- » So far, eight cases have been confirmed outside of China in Japan, South Korea, Taiwan, Thailand, and the United States



WHAT CAN I DO TO PROTECT MYSELF?

- » Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol based hand sanitizer
- » Avoid touching your eyes, nose, and mouth
- » Avoid close contact with sick people
- » Avoid visiting crowded places
- » Consider using a face mask
- » If you need to travel, make sure to follow [guidelines](#) to avoid illness while away



WHAT DO I DO IF I THINK I HAVE THE VIRUS?

- » Cover your mouth with a tissue when you cough or sneeze or consider using a face mask
- » Remain at home if possible
- » If you show any symptoms, especially after having traveled to an affected area, **please seek medical care immediately** and mention your recent travels to your doctor

MORE INFORMATION

For more information on the novel coronavirus please follow the below links:

- [World Health Organization](#)
- [Centres for Disease Control and Prevention](#)

WORRIED ABOUT YOUR SYMPTOMS?

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