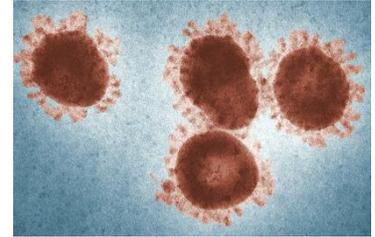




COVID-19 Facts

Introduction

Coronaviruses cause illness in animals and humans. They also spread from animals to humans and may persist within human populations. In humans, coronaviruses cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). COVID-19 is the new disease outbreak that was first reported in Wuhan, China, in December 2019. It is caused by novel coronavirus (2019-nCoV).



COVID-19: Center for Disease Control and Prevention

Mortality: The disease is more severe in people that are old, have pre-existing diseases and weak immune systems. The mortality rate of COVID-19 is around 3.4 %, but rises to 14.8% among patients above 80 years of age.

Transmission: The disease is transmitted from person to person through droplets of moisture expelled when coughing, or through contact with infected surfaces (e.g., by touching a surface or object that has the virus and then touching one's eyes, nose or mouth). It is estimated that Covid-19 transmission is significantly higher than seasonal influenza, MERS and SARS, but lower than measles.



Symptoms

The most common symptoms of COVID-19 are fever, tiredness, and dry cough. One out of every six people who get infected becomes seriously ill and develops difficulty in breathing.

Current estimates suggest that symptoms usually appear between 1 and 14 days after getting exposed to the infection.

Diagnosis: This is based on the symptoms and a positive blood test.

Prevention and treatment: Currently there is no vaccine nor specific medication for COVID-19 but a number of drugs are being tested. Affected persons receive symptomatic and supportive treatment. People with serious illness should be hospitalized. With adequate supportive care most patients recover. Prevention efforts therefore hinge on minimising person-to-person and object-to-person transmission.



1. Wash your hands frequently: Regularly and thoroughly clean your hands by washing them with soap and water or cleaning them with an alcohol-based hand rub.

2. Practice respiratory hygiene: Cough or sneeze into a paper hanky/ tissue and dispose of it immediately, or if you don't have one, use the crook of your arm (bent elbow).

3. Maintain social distance: Maintain at least 2-metre distance between yourself and anyone who is coughing or sneezing. As the outbreak expands and more community transmission occurs (*when the source of the infection is difficult to pinpoint*), more rigorous measures such as prohibiting mass gatherings, closure of places of worship and schools are implemented.

Avoiding hugs, handshakes, high fives, the traditional pecks on the cheek, and sharing food and drink in the same utensil, can also help limiting the progression of the outbreak.



4. Avoid touching eyes, nose and mouth



5. Clean and disinfect frequently touched objects and surfaces – especially those that are shared, using regular household cleaning spray or wipe.



6. If you have a cough, fever or experience shortness of breath:



- Stay at home.
- Contact a doctor immediately by phone or call the coronavirus Infoline or equivalent helpline.
- Avoid contact with those around you.
- Do not go directly to the doctor or to a hospital emergency room.

For more information: You are recommended to depend on trustworthy, official information that are updated continuously.

[World Health Organisation WHO,](#)

[WHO video link on prevention](#)

[Video link on washing hands](#)

[Video link on respiratory hygiene](#)

For Switzerland: [Cantonal Health authorities,](#)

[Federal Office of Public Health FOPH](#)

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