CORONA VIRUS

BY: COUNCIL OF THE PHARMACETICAL SOCIEETY OF UGANDA(PSU)

What is corona Virus?

➤ Corona viruses were first identified in the 1960s, but we don't know where they come from.

➤ They get their name from their crown-like shape. Sometimes, but not often, a corona virus can infect both animals and humans.

➤ A corona virus is a common **virus** that causes an infection in your nose, sinuses, or upper throat. Learn more about the symptoms, outbreaks, and treatment of the corona virus.

What is Corona Virus?

➢ Corona viruses are a group of viruses that cause diseases in mammals and birds.

➢ In humans, the viruses cause respiratory infections – including the common cold – which are typically mild.

➢ Rarer forms such as SARS, MERS and the novel corona virus causing the 2019–20 Wuhan corona virus outbreak can be lethal.

➢ In cows and pigs corona viruses cause diarrhea. In chickens they cause an upper respiratory disease. There are no vaccines or antiviral drugs that are approved for prevention

How corona viruses spread

Most corona viruses spread the same way other cold-causing viruses do:

➤ through infected people coughing and sneezing,

➤ by touching an infected person's hands or face, or

➤ by touching things such as doorknobs that infected people have touched.

Spread of corona virus

➢ Almost everyone gets a corona virus infection at least once in their life, most likely as a young child.

➢ In the United States, corona viruses are more common in the fall and winter, but anyone can come down with a corona virus infection at any time.

Incubation period of Corona virus

Symptoms can show up anywhere from 2 to 14 days after exposure.

Early on, they're a lot like the: common cold. You might notice:

✓ Fever

✓ Cough

✓ Shortness of breath

✓ Running nose

✓ Sore throat

The must know about Corona virus

➢ There is no [vaccine](#) for corona virus. To help prevent a corona virus infection, do the same things you do to avoid the [common cold](#):

➢ [Wash your hands](#) thoroughly with soap and warm water or with an alcohol-based hand sanitizer.

➢ Keep your hands and fingers away from your [eyes](#), nose, and [mouth](#).

➢ Avoid close contact with people who are infected

Treatment

➢ You treat a corona virus infection the same way you treat a cold:

➢ Get plenty of rest.

➢ Drink fluids.

➢ Take over-the-counter medicine for a <u>sore throat</u> and fever.

Note: Don't give <u>aspirin</u> to children or <u>teens</u> younger than 19; use <u>ibuprofen</u> or <u>acetaminophen</u> instead

Key message from PSU Council

Question 1: How is the new coronavirus shared from person to person?

Answer: The new coronavirus is shared or transmitted from person to person when one person talks, sneezes or coughs producing 'droplets' of saliva containing virus that are then breathed in by another person. These droplets can also land in the mouths or noses of people who are nearby.

What can I do? Cover your mouth and nose when you cough and sneeze with your elbow or disposable tissue. Encourage others to do the same.

Explanation

- Droplets are produced when an infected person coughs or sneezes.

- These droplets can contain virus. People who breath in droplets of someone who is coughing and sneezing can catch the virus.

- Droplet transmission is like taking a spray bottle of water and squirting it into the air. Some of the droplets may land on and be breathed in by others. Imagine those spray droplets contain a virus that can make people sick if breathed into their lungs.

Question 2: What is the most effective protection measure against the new coronavirus or COVID-19?

Answer: You might be surprised to hear that hand washing is the most effective means of preventing all virus infections including COVID-19

Question 3: What can I do?

Answer: Wash hands frequently

Explanation

➢ Wash your hands frequently with soap and water, if your hands are visibly dirty, or use an alcohol-based hand rub if your hands are not visibly dirty

➢ Wear a face mask only if you are unwell and experiencing respiratory illness

Question: Do I need a mask to protect myself against COVID-19?

Answer: No, the best thing you can do to protect yourself from COVID-19 is to simply wash your hands. If you're healthy, WHO recommends to simply wash your hands and save the face masks for doctors and nurses who need them everyday.

What can I do? Wash hands frequently and remind others to do so too.

Explanations

➢ Wash your hands frequently with soap and water, if your hand

➢ If you are visibly dirty, or use an alcohol-based hand rub if your hands are not visibly dirty. This is a better way to avoid catching COVID-19.

➢ If you're feeling healthy, you don't need a face mask. They should only be used by health care workers, people who have a cough, sneezing and fever or for people caring for someone with these symptoms.

➢ Health workers need to use face masks because they come into contact with a number of sick people. Globally masks need to be prioritized for use by doctors and nurses who need them the most.

References:

NCoV website: https://www.who.int/health-topics/coronavirus

Disease Outbreak News

https://www.who.int/csr/don/en/ WHO

https://www.who.int/ith/en/

Thank you.
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