

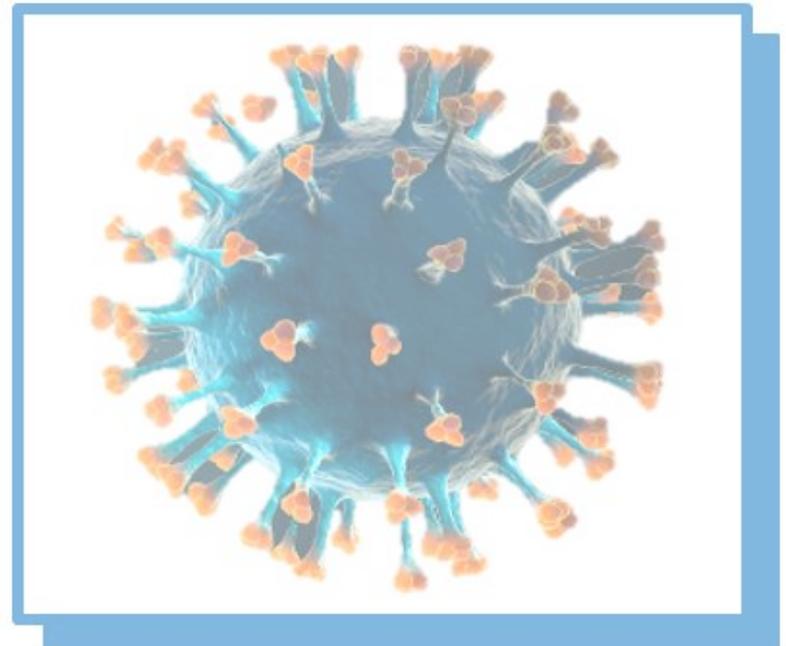
# COVID-19 and Coronavirus

An update and understanding: 09 March 2020



# Coronavirus: the background

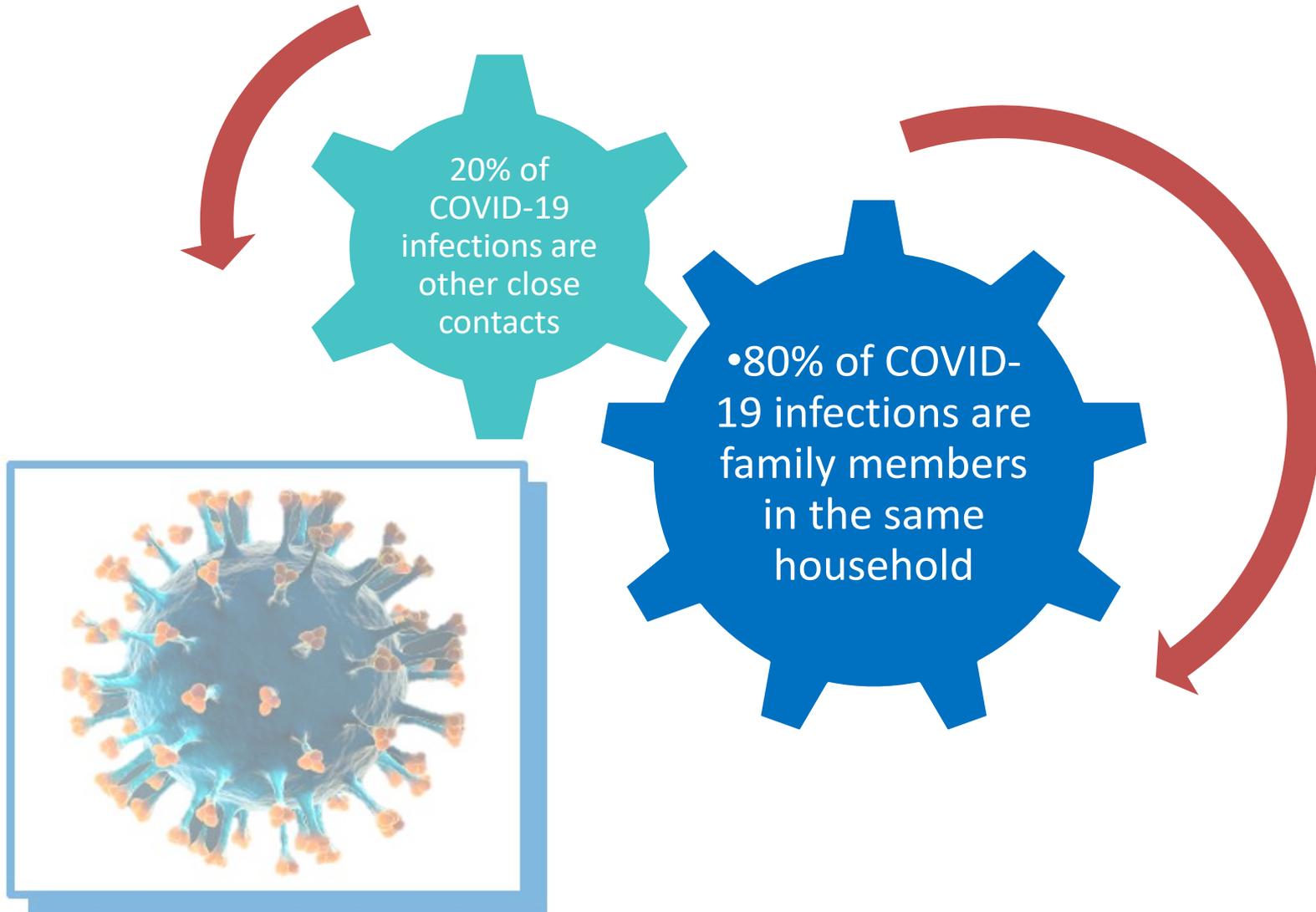
- ❁ First reported in Wuhan, China on 31 December 2019 by the WHO, where a cluster of pneumonia cases were reported
- ❁ It was an unknown virus before the first outbreak
- ❁ The new virus was named 'severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) on 11 February 2020.
- ❁ The disease caused by the virus was officially named coronavirus (COVID-19)
- ❁ The virus is genetically related to the coronavirus responsible for the SARS outbreak of 2003. While related, the two viruses are different.



# What is Coronavirus?

- ❁ It belongs to a large family of viruses that include the common cold, to more severe diseases such as MERS and SARS.
- ❁ Most recently discovered coronavirus causes COVID-19 – virus itself called SARS-COV-2
- ❁ It is an infectious disease, spread in a similar way to influenza, through
  - Direct contact with other infected people
  - Droplets generated through coughs and sneezes
  - Contact with infected surfaces and shared objects
  - Faecal-oral contact

# Transmission of the disease from close contacts



# Spread of the outbreak

As of 9 March 2020, total people infected: **109 900**

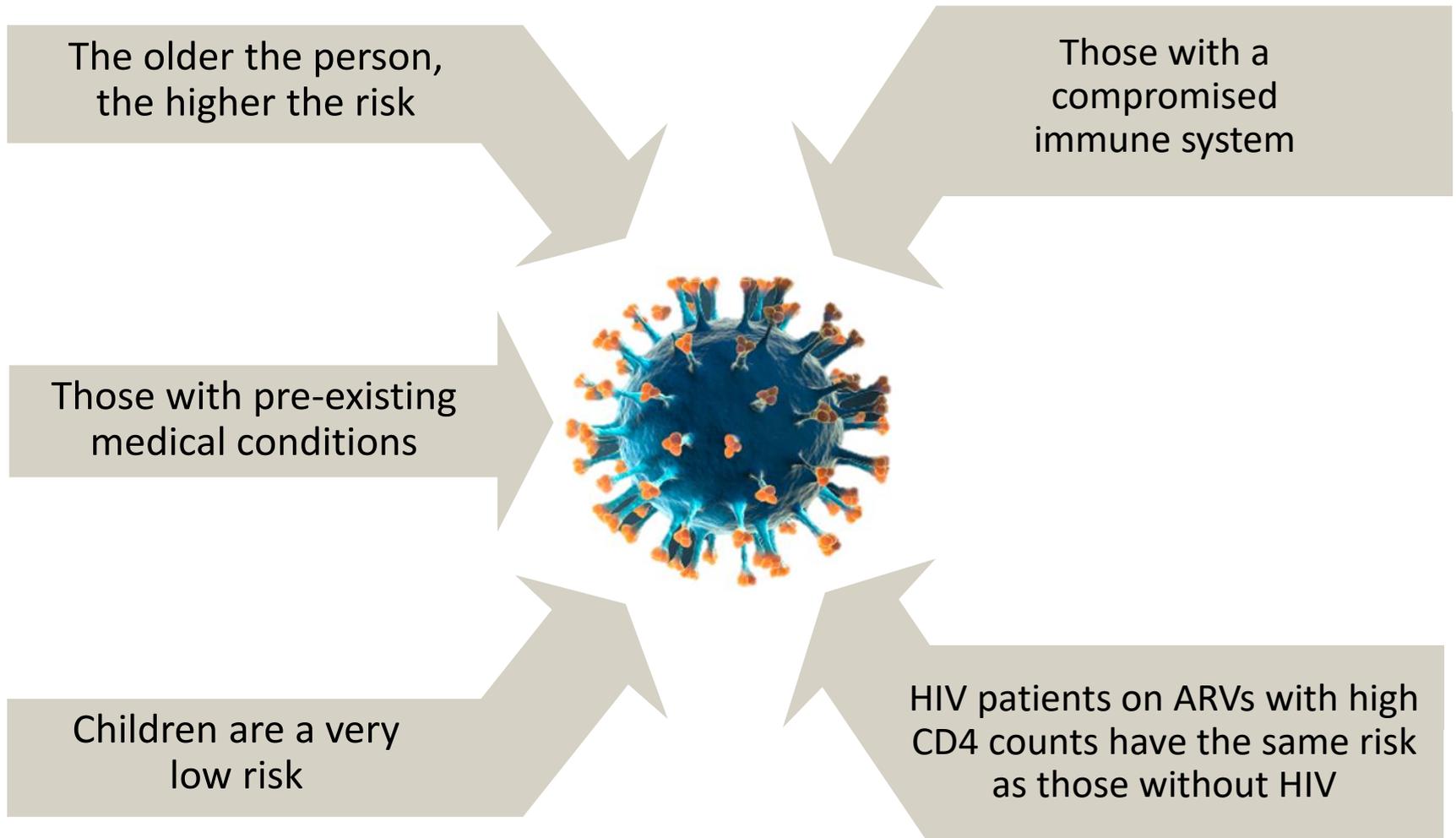
**3 825**: total Deaths

**97**: countries affected

ARGENTINA:	<b>12</b>
AUSTRALIA:	<b>76</b>
BRAZIL:	<b>20</b>
CANADA:	<b>62</b>
GERMANY:	<b>1,000+</b>
ALGERIA:	<b>19</b>
EGYPT:	<b>49</b>
FRANCE:	<b>1,200+</b>
UK:	<b>200+</b>
ISRAEL:	<b>39</b>
INDIA:	<b>39</b>
IRAN:	<b>6,500+</b>
ICELAND:	<b>50</b>

ITALY:	<b>7,300+</b>
JAPAN:	<b>1,100+</b>
S. KOREA;	<b>7,300+</b>
MEXICO:	<b>7</b>
NIGERIA:	<b>1</b>
NEW ZEALAND	<b>5</b>
RUSSIA:	<b>17</b>
SINGAPORE	<b>100+</b>
SOUTH AFRICA	<b>3</b>
INDONESIA:	<b>6</b>
CHINA:	<b>80,700+</b>
U.S.:	<b>500+</b>

# Those most at risk of COVID-19



# Symptoms of COVID-19



- ❁ May appear 2-14 days after exposure, on average after 5.2 days
- ❁ Symptoms range from mild to severe.
- ❁ 80% of cases show flu-like symptoms
- ❁ 15% of cases need hospitalisation
- ❁ 5% become critically ill and need ICU

# How you can avoid getting infected

- ❁ Avoid contact with infected people and use face masks if visiting sick relatives
- ❁ Avoid touching eyes and nose as much as possible
- ❁ Use a tissue when coughing and sneezing and throw in the bin. Always wash hands afterwards.
- ❁ Maintain good hygiene – disinfect regularly used surfaces and objects.

# When to get tested for COVID-19

Acute respiratory illness with sudden onset of at least one of the following conditions:

- Fever > 38°C
- Consistent coughing
- Shortness of breath
- Sore throat

And/ Or

Potential exposure to someone who has the virus in the 14 days before onset of symptoms

- Close contact of someone with COVID-19
- Travelled in an area where there is ongoing transmission of COVID-19
- Worked in or attended a healthcare facility where patients are being treated for COVID-19.

## Current Treatments

- ❁ Currently no vaccine available
- ❁ No medicine available to treat COVID-19
- ❁ Treatment at this stage is supportive – pain/fever medication, oxygen if required, severe cases may require ventilation

## What to do if you develop symptoms

- ❁ General Public Coronavirus Hotline: **0800 029 999**
- ❁ Check NICD website for latest information: **[www.nicd.ac.za](http://www.nicd.ac.za)**
- ❁ Check WHO situation report for country tables:  
**<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports>**

# Thank You!