



# Corona virus

(COVID-19)

Awareness  
guideline



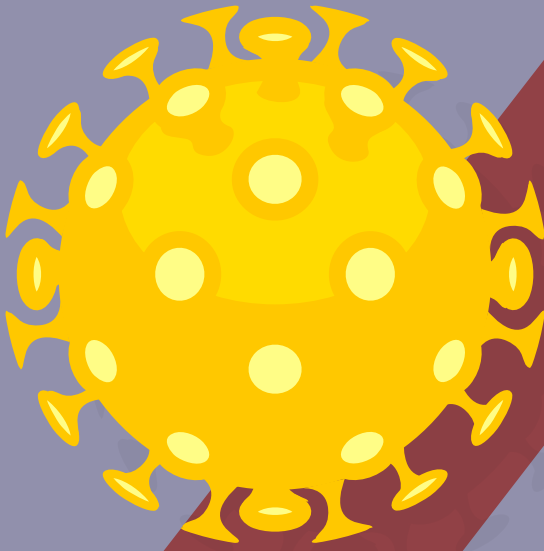
# Cold Vs. Flu Vs. Coronavirus

In general, If you have a sore throat, it's more likely to be a cold rather than flu or coronavirus

	Cold	Flu	Coronavirus
Time between catching the virus and beginning to show symptoms	1-3 days	1-4 days	2-14 days
Symptom onset	Gradual	Abrupt	Gradual
How long do symptoms last	7-12 days	3-7 days	Mild cases: ~2 weeks. Severe or critical disease: 3-6 weeks

## Major symptoms

Fever	Sometimes	Common	Common
Runny nose	Common	Sometimes	Less Common
Sore throat	Common	Sometimes	Less Common
Cough	Common	Sometimes	Common
Body Ache	Rare (if occurs mild)	Common	Less Common
Difficulty Breathing	Rare	Rare	Common



# What is coronavirus?

## **The Coronavirus “2019-nCoV”**

is a new strain of coronaviruses that have not been identified by humans and it's one of the coronavirus groups that infects humans ranges from simple colds to acute lung infections.

**Coronavirus is a common virus that causes upper respiratory tract infection, sinuses, and sore throats.**

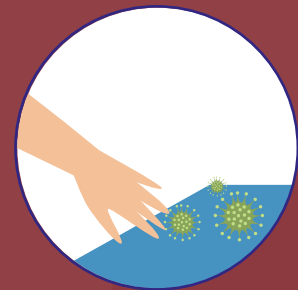
In most cases, it is not serious except, for the two types of infections known as Middle East Respiratory Syndrome (MERS) that appeared in 2012 and severe acute respiratory syndrome (SARS) that appeared in 2003 in addition to the new type that appeared in China at the end of 2019.



# How you can get infected with COVID-19?



Infected cough or sneezes spread



touching infected surfaces



Contact with infected people



# Coronavirus symptoms? (COVID-19)



Sore throat



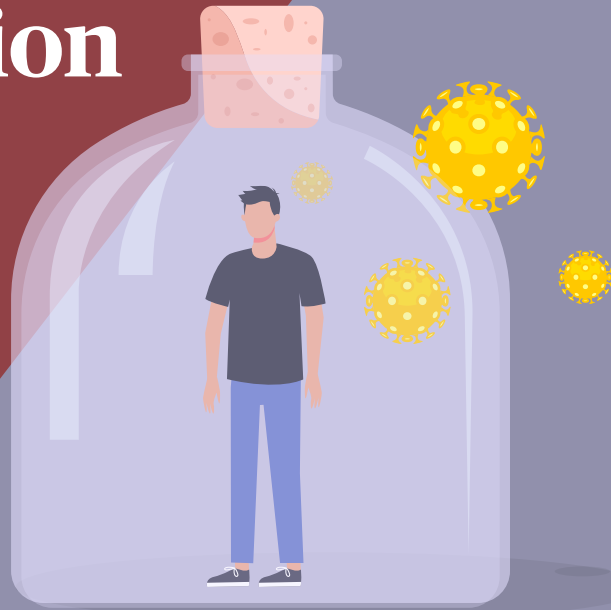
Fever



Breathing  
difficulties



# Recommendations to prevent the spread of infection (COVID-19)

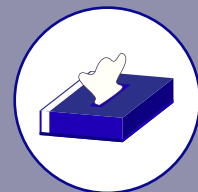


**Avoid direct contact** with anyone who has respiratory illnesses Symptoms appearance **such as coughing or sneezing**



**Wash your** hands regularly for **40 seconds** or with sanitizers **20 seconds**

**Cover your mouth and nose** when coughing and sneezing with a tissue or flexed elbow.



**Do wear a mask** if you're sick and also if you are taking care of someone who has symptoms



# The correct way to wear the mask

(COVID-19)



**Do not reuse**  
single-use mask



mouth and nose **properly covered** without gaps



**Replace the mask**  
with a new one if it  
becomes **wet**



**Avoid touching**  
the mask while  
wearing it



Wash your hands  
well after **removing**  
**the mask**



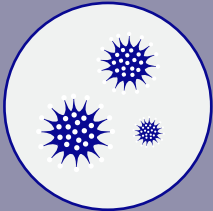
Masks made of **fabric**  
**are not recommended**  
to use for any reason



# Traveling Tips

(COVID-19)

Travel Only **on emergency**



Avoid traveling to **infected countries**

If you suffer from **fever, coughing and breathing difficulties**, you should seek medical care immediately and share your travel record with the medical care provider



Avoid traveling while having a **fever and cough**



If you have any **chronic disease** you must ask your doctor before traveling







Know you can have a healthy life

References:

<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/>

Disclaimer: This piece is for informational purpose only, it is not a substitute to a doctor's advice or any professional medical advice.

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#صحتك\_بالدنيا