

# ALL YOU NEED TO KNOW ABOUT CORONAVIRUS DISEASE

## WHAT IS CORONAVIRUS (SARS-CoV-2)?

Coronaviruses are large groups of viruses that are common amongst animals. These viruses can make people sick, usually with a mild to moderate upper respiratory tract illness, similar to a common cold.

A new strain of coronavirus called SARS-CoV-2 was identified in China and is associated with an outbreak of respiratory tract infections.

## HOW IT SPREADS

SARS-COV-2 SPREADS MAINLY VIA RESPIRATORY DROPLETS PRODUCED WHEN AN INFECTED PERSON COUGHS OR SNEEZES.

The SARS-CoV-2 is spread through:

- The air by coughing and sneezing.
- Close personal contact, less than 1 metre from another person who might be coughing or sneezing.
- Touching an object or surface with the virus on it, then touching your mouth, nose or eyes before washing your hands.



## SYMPTOMS

Mild to severe respiratory illness with

- fever
- cough
- sore throat
- difficulty breathing

The complete clinical picture with regards to COVID-19 is still not clear.

Patients with underlying illness and the elderly appear to be at increased risk of severe illness.



## WHO IS AT GREATER RISK?

Everybody who travelled to a country with ongoing community transmission is at risk of being infected with the virus.

## TREATMENT

TREATMENT IS SUPPORTIVE (E.G. PROVIDE OXYGEN FOR PATIENTS WITH SHORTNESS OF BREATH OR TREATMENT FOR FEVER).

- There is no specific antiviral treatment available.
- Antibiotics do not treat viral infections. However, antibiotics may be required if secondary bacterial infection develops.

## PREVENTION

There are currently no vaccines available to protect you against COVID-19. Transmission is reduced through:



Frequent hand hygiene: washing hands and alcohol handrub



Avoid touching eyes with unwashed hands



Avoid close contact with infected people



Cover your cough or sneeze with a tissue, once used throw away

If you are mildly sick, keep yourself hydrated, stay at home, and rest.

## WHAT TO DO IF YOU SUSPECT YOU HAVE COVID-19?

Patients who suspect they might be infected with the SARS-CoV-2 virus can do a risk assessment on the Mediclinic website on [www.mediclinic.co.za](http://www.mediclinic.co.za) or contact the Mediclinic Hotline for further guidance.



For more information contact  
**Mediclinic's Hotline**  
**0860 24 00 24.**