

## 2019 Novel Coronavirus (2019-nCoV) information

### ABOUT THE VIRUS

2019 Novel Coronavirus (2019-nCoV) is a virus (more specifically, a [coronavirus](#)) identified as the cause of an outbreak of respiratory illness, first detected in Wuhan.

Many patients reportedly had some link to a large seafood and animal market, suggesting animal-to-person spread. However, a growing number of patients reportedly have not had exposure to animal markets, indicating person-to-person spread is occurring.

### HOW DOES IT SPREAD?

Current knowledge is largely based on what is known about similar coronaviruses.

Rarely, animal coronaviruses can infect people and then spread between people such as with [MERS](#), [SARS](#), and now with 2019-nCoV.

Most often, spread from person-to-person happens among close contacts (about 6 feet).

Person-to-person spread is thought to occur mainly via respiratory droplets produced when an infected person coughs or sneezes, similar to influenza. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

It's currently unclear if a person can get 2019-nCoV by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.

The virus typically infects the section of the population that is at risk i.e. the old, new born, immune depressed people and the chronically ill.

### WHAT ARE THE SYMPTOMS?

Symptoms may appear in as few as 2 days or as long as 14 after exposure.

For confirmed 2019-nCoV infections, reported illnesses have ranged from people with little to no symptoms to people being severely ill and dying. Most common symptoms can include:

- Fever
- Cough
- Shortness of breath

### Other less common symptoms:

- Muscle pain
- Tiredness
- Diarrhoea
- Coughing up blood

## **HOW IS IT DIAGNOSED?**

Tests are performed on lung excretions that is obtained from the nose or throat using a swab.

Blood tests and chest CT scans may assist in confirming the diagnosis.

## **HOW IS IT TREATED?**

No specific treatment for 2019-nCoV infection is currently available. Clinical management includes prompt implementation of recommended infection prevention and control measures and supportive management

## **PREVENTION**

There is currently no vaccine to prevent 2019-nCoV infection.

The best way to prevent infection is to avoid being exposed to this virus. Avoid close contact with people who are sick.

- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- A face mask should be used by people who show symptoms of 2019-nCoV infection, in order to protect others from the risk of getting infected. The use of face masks is also crucial for [health workers](#) and [people who are taking care of someone in close settings](#) (at home or in a health care facility).
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

## **WHAT YOU SHOULD DO IF YOU SUSPECT CORONA VIRUS INFECTION**

Stay at home (try to avoid contact with other people)

Contact your doctor who will inform you what to do next.

**Neil Enslin | Occupational Health and Safety Manager**