

1. What is a Coronavirus?

Coronaviruses are a large family of viruses which may cause illness in animals or humans.

In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

2. What is COVID-19?

COVID-19 is the infectious disease caused by the most recently discovered Coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.

3. What are the symptoms of COVID-19?

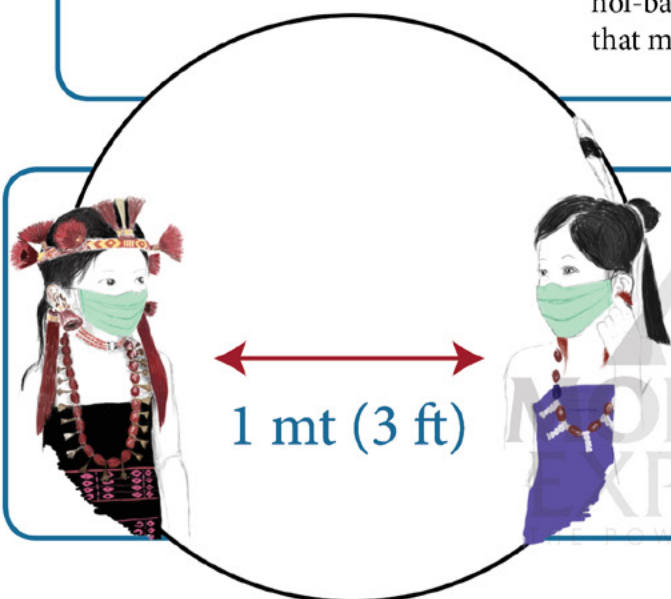
- Fever, tiredness, and dry cough.
- Some Patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea.
- Some people become infected but don't develop any symptoms and don't feel unwell.
- Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness.
- People with fever, cough and difficulty breathing should seek medical attention.

4. What can I do to protect myself and prevent the spread of disease?

I. Wash your hands frequently

Regularly and thoroughly clean your hands with an alcohol-based hand sanitiser or wash them with soap and water.

Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.



II. Maintain social distancing

Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.

Why? When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

III. Avoid touching eyes, nose and mouth

Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.



IV. Practice respiratory hygiene

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

Why? Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.

V. If you have fever, cough and difficulty breathing, seek medical care early

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.

Why? National and local authorities will have the most up to date information on the situation in your area.

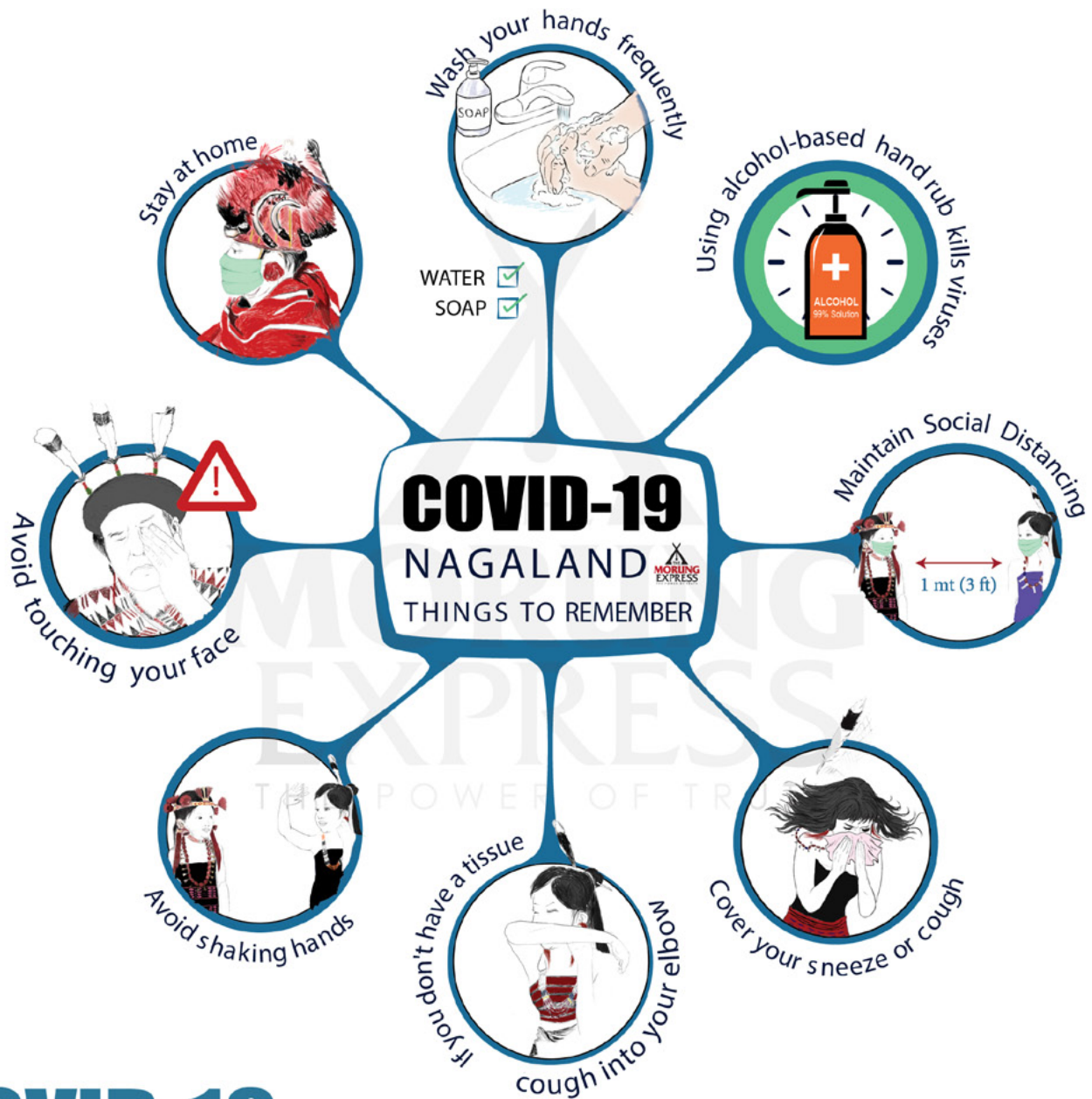


MYTH:

- Hot and humid climates **CAN** prevent COVID-19 virus transmission
- Cold weather and snow **CAN** kill the COVID-19
- Taking a hot bath **CAN** prevent the COVID-19
- Hand dryers are **EFFECTIVE** in killing the 2019-nCoV.
- UV lamps **CAN** kill Virus.
- Spraying/Drinking alcohol or chlorine all over your body **WILL** kill viruses that have already entered your body.
- Eating garlic help **CAN** prevent infection from COVID-19

FACT:

- The COVID-19 **CANNOT** be transmitted through mosquito bites.
- People of **ALL AGES** can be infected. Older people and those with pre-existing medical conditions (such as asthma, diabetes, heart disease etc) appear to be more vulnerable to becoming severely ill with the virus.
- Antibiotics do **NOT** work against viruses, only bacteria.
- There is **NO** specific medicine recommended to prevent or treat COVID-19



COVID-19 Nagaland HELPLINE



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Check For Regular & Official Update on COVID-19 Here:

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Disclaimer: The information provided in this document is solely based on the World Health Organisation's advice for the public on COVID-19 and true to the best of our knowledge. Any errors of omission or commission can be notified to The Morung Express.