



CORONAVIRUS  
DISEASE 2020

**WHAT YOU SHOULD KNOW**

# WHAT IS A VIRUS?

Small living particles that can infect cells and change how the cells function.

Sometimes a virus can cause a disease so deadly that it is fatal. Other viral infections trigger no noticeable reaction.

The disease and symptoms that are caused depend on the type of virus and the type of cells that are infected.

# WHAT DO VIRUSES DO?

Viruses are like hijackers. They invade living, normal cells and use those cells to multiply and produce other viruses like themselves.

This can kill, damage, or change the cells and make you sick.

# TREATMENT FOR A VIRAL INFECTION CAN INCLUDE

- managing symptoms, such as honey for coughs and warm fluids like chicken soup for oral hydration
- analgesics to relieve fever
- preventing infection in the first place, such as vaccines for flu and hepatitis

There is no cure for a virus, but vaccination can prevent them from spreading.

**Antibiotics won't work for viral infections.**

# WHAT IS THE CORONAVIRUS

A coronavirus is a kind of common virus that causes an infection in your nose, sinuses, or upper throat. Most coronaviruses aren't dangerous.

But In early 2020, after a December 2019 outbreak in China, the World Health Organization (WHO) identified a new type, 2019 novel coronavirus (2019-nCoV), which can be fatal. The organization named the disease it causes COVID-19.

# WHAT IS THE CORONAVIRUSES

Most people get infected with human coronaviruses at some time in their life.

They usually cause mild to moderate upper-respiratory infections, like the common cold. But they can also cause more severe illnesses such as bronchitis and pneumonia.

# HOW ARE CORONAVIRUS INFECTIONS SPREAD?

- Human coronaviruses usually spread from an infected person to others through the air by coughing and sneezing
- Close personal contact, such as touching or shaking hands
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands
- Rarely, feces (poop)

# WHO IS AT RISK FOR CORONAVIRUS INFECTIONS?

Those most at risk of death from the coronavirus infection are the elderly, and people with weakened immune systems.

Infections range from mild to serious. The virus can turn deadly if it leads to pneumonia, respiratory failure, or septic shock.



# WHAT ARE THE SYMPTOMS OF CORONAVIRUS INFECTIONS?

- The symptoms depend on the type of coronavirus and how serious the infection is. If you have a mild to moderate upper-respiratory infection such as the common cold, your symptoms may include
  - Runny nose
  - Headache
  - Cough
  - Sore throat
  - Fever
  - Not feeling well overall

# WHAT ARE THE SYMPTOMS OF CORONAVIRUS INFECTIONS?

- Some coronaviruses can cause severe symptoms. The infections may turn into bronchitis and pneumonia, which cause symptoms such as
- Fever, which may be quite high if you have pneumonia
- Cough with mucus
- Shortness of breath
- Chest pain or tightness when you breathe and cough
- Severe infections are more common in people with heart or lung diseases, people with weakened immune systems, infants, and older adults.

# CAN CORONAVIRUS INFECTIONS BE PREVENTED?

Right now, there aren't any vaccines to prevent human coronavirus infections. But you may be able to reduce your risk of getting or spreading an infection by

- Washing hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoiding touching your face, nose, or mouth with unwashed hands
- Avoiding close contact with people who are sick
- Cleaning and disinfecting surfaces that you frequently touch
- Covering coughs and sneezes with a tissue. Then throw away the tissue and wash your hands.
- Stay home from church, work, school and don't risk passing on your cold/flu symptoms to others

# WHAT ARE THE TREATMENTS FOR CORONAVIRUS INFECTIONS?

There are no specific treatments for coronavirus infections. Most people will get better on their own. However, you can relieve your symptoms by

- Taking over-the-counter medicines for pain, fever, and cough. However, do not give aspirin to children. And do not give cough medicine to children under four, unless prescribed by the physician.
- Using a room humidifier or taking a hot shower to help ease a sore throat and cough
- Getting plenty of rest
- Drinking fluids
- If you are worried about your symptoms, contact your health care provider.

# IN CLOSING PRESENTATION TAKEAWAY!

**Bottom Line: How can I prevent coronavirus infection?**

**To help prevent coronavirus infection, do the same things you do to avoid the common cold:**

- Frequently wash your hands with an alcohol-based hand rub or warm water and soap
- Cover your mouth and nose with a flexed elbow or tissue when sneezing or coughing
- Keep your hands and fingers away from your eyes, nose, and mouth.
- Avoid close contact with anyone who has a fever or cough
- Seek early medical help if you have a fever, cough and difficulty breathing, and share your travel history with healthcare providers
- Stay home from church, work, school and don't risk passing on your cold/flu symptoms to others

# FINALLY, AS A CHURCH BODY WE NEED TO PRAY

Pray for those infected by the coronavirus in China and around the world, for those who care for them, for health specialists and authorities who are combatting the spread of infection, and of course for all who at this time are feeling anxious, especially for those with friends and family in China.

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