

What's to know about coronaviruses?

Coronaviruses are types of viruses that typically affect the respiratory tract of mammals, including humans. They are associated with the common cold, pneumonia, and severe acute respiratory syndrome (SARS) and can also affect the gut.

Symptoms:

Cold- or flu-like symptoms usually set in from two to four days after coronavirus infection, and they are typically mild.

Symptoms include:

- Sneezing, a runny nose, fatigue, a cough, in rare cases, fever, a sore throat, exacerbated asthma

There is no cure, so treatments include taking care of yourself and over-the-counter (OTC) medication:

- Rest and avoid overexertion.
- Drink enough water.
- Avoid smoking and smoky areas.
- Take acetaminophen, ibuprofen or naproxen to reduce pain and fever.
- Use a clean humidifier or cool mist vaporizer.

The virus responsible can be diagnosed by taking a sample of respiratory fluids, such as mucus from the nose, or blood.

Transmission:

Coronaviruses can spread in the following ways:

- Coughing and sneezing without covering the mouth can disperse droplets into the air, spreading the virus.

- Touching or shaking hands with a person that has the virus can pass the virus from one person to another.
- Making contact with a surface or object that has the virus and then touching your nose, eyes, or mouth.
- On rare occasions, a coronavirus may spread through contact with feces.

Prevention and Treatment:

How to protect yourself

There are currently no vaccines available to protect you against human coronavirus infection. You may be able to reduce your risk of infection by doing the following

- wash your hands often with soap and water for at least 20 seconds
- avoid touching your eyes, nose, or mouth with unwashed hands
- avoid close contact with people who are sick

How to protect others:

If you have cold-like symptoms, you can help protect others by doing the following

- stay home while you are sick
- avoid close contact with others
- cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue in the trash and wash your hands
- clean and disinfect objects and surfaces

Treatment

There are no specific treatments for illnesses caused by human coronaviruses. Most people with common human coronavirus illness will recover on their own. However, you can do some things to relieve your symptoms

- take pain and fever medications (Caution: do not give Aspirin to children)
- use a room humidifier or take a hot shower to help ease a sore throat and cough

If you are mildly sick, you should

- drink plenty of liquids
- stay home and rest

If you are concerned about your symptoms, you should see your healthcare provider.

Reduce your risk of **coronavirus** infection:



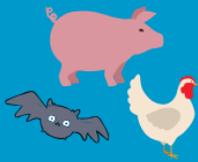
Clean hands with soap and water
or alcohol-based hand rub

Cover nose and mouth when coughing and
sneezing with tissue or flexed elbow



Avoid close contact with anyone with
cold or flu-like symptoms

Thoroughly cook meat and eggs



No unprotected contact with live wild
or farm animals



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