COVID-19 (coronavirus)

This leaflet is about the COVID-19 coronavirus outbreak that began in China in late 2019. The World Health Organization (WHO) has declared the outbreak a pandemic. This means that it has spread across the world.

This virus causes symptoms similar to those caused by pneumonia, and it can cause death. You can use our information to talk with your doctor if you are concerned about COVID-19.

What is COVID-19?

COVID-19 is a type of virus called a coronavirus. A coronavirus is a common type of virus that affects both animals and humans.

The human immune system can cope fairly easily with coronaviruses that routinely affect humans. They often only cause symptoms like those of the common cold.

But when these viruses can spread from animals to humans they are harder to fight and to treat.

These viruses can often be contained (stopped from spreading) because they don’t always pass easily from one person to another.

But some of these viruses can spread in this way. For example, serious infections such as SARS (severe acute respiratory syndrome) and MERS (Middle East respiratory syndrome) are caused by this type of virus.

COVID-19 seems able to spread from person to person. We’re still not sure how easily this happens. It’s also possible that infected people can spread this virus even if they don’t have any symptoms yet. The virus has now spread to many countries.

How did the COVID-19 outbreak start?

The COVID-19 outbreak began in Wuhan City, Hubei Province, in China.

Most of the first people affected had links to a seafood and live animal market in the area. This strongly suggests that this outbreak started as an animal version of a coronavirus. The virus has since been found in people in many parts of China.
COVID-19 has so far been found in more than 100 countries.

As the situation changes, local travel and quarantine restrictions are being put in place, as well as measures to try to contain the spread of the virus.

**Travel restrictions and policies**

There are travel restrictions in many parts of China, especially around where the outbreak began. And many countries are screening travelers arriving from China for signs and symptoms of infection.

The US government has recommended avoiding all travel to China. It is also temporarily restricting entry to foreign nationals who have visited China in the previous 14 days.

Some countries, including the US, have arranged for all their citizens to leave the worst affected areas, especially Hubei Province.

The US government has also suspended travel from many European countries for the time being. They advise avoiding all non-essential travel to South Korea and Iran.

As the situation changes, check your local news providers and health authority bulletins for any local travel and quarantine advice and measures to contain the spread of the virus.

**What are the symptoms?**

It's thought that people can have the virus for up to 14 days without having any symptoms. This period before symptoms develop is called the incubation period.

When they happen, the symptoms of this virus are very similar to those of pneumonia. Like pneumonia, COVID-19 can cause serious illness and, sometimes, death.

The most common symptoms of COVID-19 are:

- fever
- coughing
- shortness of breath, and
- aches and pains.

Less common symptoms can include:

- loss of appetite
- coughing up a lot of phlegm
- sore throat
- confusion
- dizziness
- blocked or runny nose
- diarrhea
- nausea and vomiting
COVID-19 (coronavirus)

- headache
- abdominal (tummy) pain, and
- coughing up blood.

COVID-19 can also cause sepsis in some people. This is when the body’s immune system reacts badly to an infection and attacks the body. The symptoms of sepsis include:

- fever
- a fast heartbeat
- confusion
- not needing to urinate as much as usual, and
- mottled, patchy skin.

As you can see, many of the less serious symptoms of coronavirus are similar to those of a bad cold or flu. So it can be hard to diagnose COVID-19 without testing.

If your doctor thinks that you might have COVID-19, you might need some tests, such as blood tests, a chest x-ray, or another type of scan of your chest called a CT (computed tomography) scan.

But at the moment, unless you have been in contact with someone who has recently traveled to areas affected by the virus, any symptoms you have are not likely to have been caused by COVID-19.

What treatments work?

Prevention

Most countries are now advising people to avoid all non-essential travel to the worst affected countries, such as China and Italy. If you have to travel to a country or region that is badly affected, you are advised to:

- avoid close contact with anyone who has symptoms of a chest or throat infection, such as a fever or cough
- wash your hands often, especially after direct contact with people
- avoid eating raw or undercooked animal products
- avoid close contact with live or dead farm or wild animals.

If you have recently been in an area badly affected by the virus and you become ill, you should:

- stay home and avoid contact with other people
- seek medical care right away. But call ahead to your doctor or emergency department and tell them about your recent travel and your symptoms
- not travel while you are unwell
- cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing
• wash your hands often and thoroughly with soap and water. Use an alcohol-based hand sanitizer if soap and water are not available.

Some people wear medical masks to try to protect themselves against the infection. But there is no evidence that they make much difference, so they are not recommended.

Treatment

There is no cure for COVID-19. A vaccine is being developed, but it will be some time before it is available.

The treatment for someone with COVID-19 is the same as for pneumonia or any other serious viral chest infection.

If you are treated in the hospital, the treatment will consist of:

• rest
• making sure you get plenty of fluids, possibly through an IV (intravenous) drip
• medication to lower fever and reduce pain, if needed
• oxygen, if you need it, and
• close monitoring.

You might also be given antibiotics to begin with, in case you have a bacterial infection. But if testing shows that you have a viral infection, the antibiotics will be stopped, as antibiotics don’t work against viruses.

People with severe symptoms might be treated in an intensive care unit (ICU). And some people being treated in the hospital might also need treatment for sepsis.

Pregnant and breastfeeding women

We don’t know for certain whether the virus can pass from a mother who is infected to her baby in the womb, or to a baby through breastfeeding. But based on what we know from similar viruses, it seems unlikely that it can spread in this way.

Home treatment

People who are seriously ill will probably be isolated and treated in the hospital.

But if someone has mild symptoms of suspected COVID-19 and doesn’t have strong links to affected parts of the world, they can probably be looked after at home until they can be tested.

The guidance for looking after them at home is as follows:

• They should be looked after in a well ventilated room by themselves, and should stay in that room as much as possible, so that they don’t spread the infection.
• The number of people who look after the ill person should be limited to as few as possible.
• Ideally, anyone looking after the ill person should be in good health.
COVID-19 (coronavirus)

- If you wear a medical mask while looking after someone with symptoms, change it for a new one if it comes into contact with their bodily fluids.
- Wash your hands thoroughly after touching the ill person. You might want to wear disposable gloves, such as latex gloves.
- Dispose carefully of any tissues the person uses.
- Don’t share anything like towels or bedclothes with the ill person.
- Carefully wash any plates, drinking glasses and silverware after they use it.
- Regularly wipe and disinfect any surfaces the person touches regularly, such as bedside tables.
- Clean toilet and bathroom surfaces regularly.
- Clean all clothes, bedclothes, and towels used by the ill person at 140° F.

The advice might change as we find out more about this virus and how it spreads.

What will happen?

It’s not possible to say what will happen to someone infected with COVID-19. The outcome can vary. What we know as of 19 March 2020 is that:

- the infection is most likely to be serious in older people with existing long-term health problems. But most people with COVID-19 don't become seriously ill
- about 80 in 100 people with COVID-19 have a mild illness
- about 20 in 100 people develop more severe symptoms
- most people who become ill are middle aged and older. Children seem much less likely than adults to become ill or to be badly affected
- the virus affects men and women in roughly equal numbers, but men seem more likely to have severe symptoms
- the number of cases and deaths outside of China has overtaken the total number of cases and deaths in China.

For now, though, if you are likely to come into contact with anyone who might be at risk of COVID-19, the best thing you can do is to follow the advice about prevention and about what to do if you feel ill.