

Poster journal

Coronavirus COVID-19

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Commentary:

Corona-virus disease 2019 (COVID-19) is spreading rapidly nationwide¹ and can have an enormous public health impact with economic and societal disruption. Corona-viruses are stranded RNA viruses. It is zoonotic evolved into a strain that can infect human beings and leading to death². The clinical signs and symptoms of COVID-19 range from no symptoms (asymptomatic) to fever, cough, dyspnea, myalgia or fatigue with symptoms of sore throat, and severe pneumonia. There are no therapeutics and vaccines available. The great majority of the most severe illnesses and deaths had occurred among the elderly and those with other underlying chronic systematic conditions³. Up today, the virus has killed more than 3,300 people⁴. There are now more than 95,000 cases around the world, with infections in more than 80 countries⁴. To protect yourself and others by⁵⁻⁸:

1. Wash your hands, between your fingers and under nails with water and soap for 20 seconds.
2. Used tissue when you cough or sneeze and dispose the tissue in the waste bin.
3. Don't touch your mouth, nose, nails, or eyes with unwashed hands.
4. Clean and disinfect touched surfaces and objects with wipe.
5. Do not share items that come into contact with your mouth such as cups & bottles.
6. Maintain at least 1 meter distance between yourself and others who is coughing or sneezing.
7. If unwell do not share items such as dishes, pencils & towels.
8. Stay Home if you have a fever, cough and breathing difficult and seek medical attention.
9. Stay away from public places.

References

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Keywords: Coronavirus; 2019-nCoV; novel-coronavirus; Coronavirus Infections, Pneumonia, Viral

How to cite this article: Elham Hazeim Abdulkareem.- Coronavirus COVID-19 PosterJ 2020; 9(1):5.

Source of support: Nil.

DOI: 10.15713/ins.dpj.027

Conflict of interest: None declared

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