# Coronavirus: No-Panic Helpguide

## By Dawaai.pk

# Prevention is better than cure.

Here you will find all the answers to the most common queries about the novel coronavirus.

Disclaimer* This piece is for information only, it is not a substitute to a doctor's advice or any professional medical advice.

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# 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.

This involves your upper respiratory tract **(nose, throat, airways, lungs).**

# What are the symptoms?

-The most common symptoms of COVID-19 are fever, tiredness, and dry cough

-Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea.
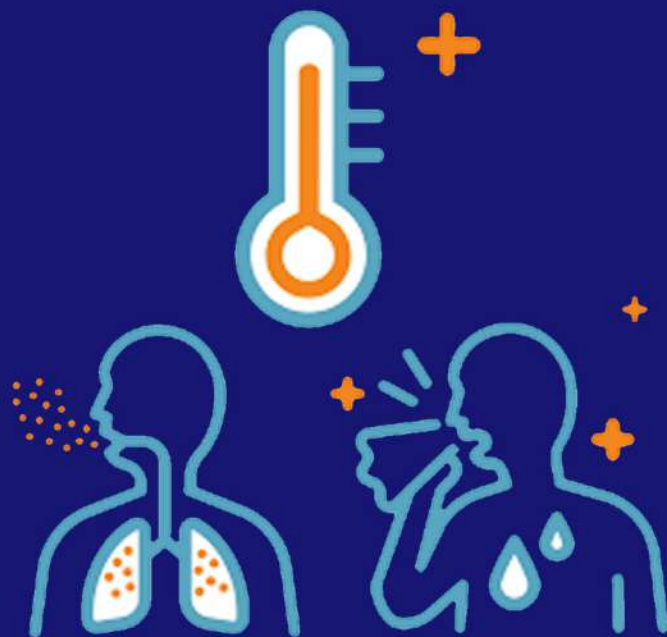
# Will I die if I catch the disease?

## NO.

-Almost 80% of people have mild symptoms, and recover from the disease in 2 weeks.

-Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing.

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# Are children also at risk of coronavirus infection?

**COVID-19 appears to be relatively rare and mild in children.**

-Just over 2% of cases were under 18 years of age.

-Out of these, fewer than 3% developed severe or critical disease.

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# How does it spread?

-Through person to person, when an infected patient coughs or sneezes releasing tiny respiratory droplets, if these droplets are inhaled by someone they will get infected.

-These respiratory droplets can also land on objects and if you touch those objects and then touch your **eyes, nose or mouth** you can get infected.

-The importance of staying 1 meter away from a patient is to prevent breathing in these droplets which can cause COVID-19.

# Can the novel coronavirus be passed on through food?

# No.

There is no such evidence as of now.

# Can eating chicken or eggs cause coronavirus?

# No.

There is no such evidence as of now.

# Do I have coronavirus if I am coughing or sneezing?

**You may have coronavirus, only if you have symptoms (fever, cough, shortness of breath) + any out of these:**

-Travel history to a coronavirus-affected area (like China, Iran, Italy etc)

-Close contact with such a person.

-Working in healthcare facility where coronavirus patients are present

# Track what your symptoms are.

Coronavirus can get you symptoms like fever, cough, shortness of breath. They can be almost similar to common cold or flu and may appear within 2-14 days of exposure.

Inhale Steam

Wash hands

Rest up
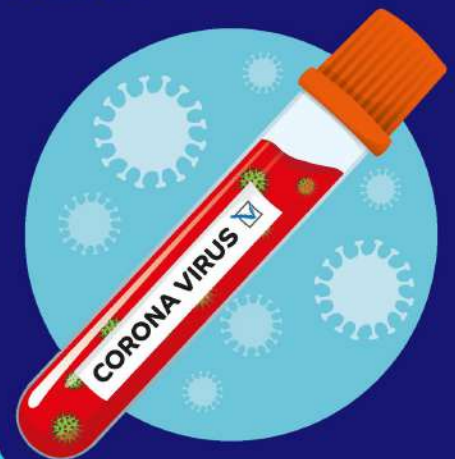
Visit a doctor if symptoms get worse

Take medicines as prescribed

# Should I be tested for coronavirus if I have any symptoms? Or just to be on the safe side?

# No.

Testing for coronavirus will only be done as recommended by the doctors if someone falls under the definition of 'suspected case'.

# Can a person with coronavirus recover completely and be no more infectious?

# Yes.

In fact, about **80%** of people have recovered from the disease without needing special treatment.
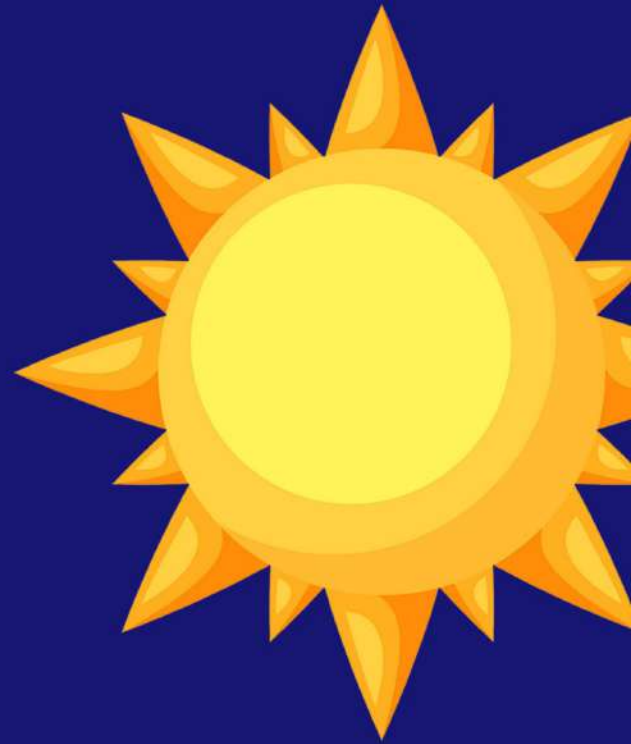
# Can coronavirus be treated?

# Yes.

-Symptom-based medical care is given and has proven really effective.

-There is no specific treatment or vaccine available for novel coronavirus as yet.

# Can eating garlic prevent infection with the coronavirus?

There is no science-based evidence that proves its ability to protect against the coronavirus.

# Will warm weather stop the outbreak of COVID-19?

As per the experts in the field, heat and warm weather is likely to decrease the spread of COVID-19.

# How long does the coronavirus survive on surfaces or objects?

Studies suggest that coronaviruses may persist on surfaces for a few hours or up to several days. This may vary under different conditions (e.g. type of surface, temperature or humidity of the environment).

# Should I wear a mask to protect myself?

Only wear a mask if you are ill with COVID-19 symptoms (especially coughing) or looking after someone who may have COVID-19.

# Should the coronavirus outbreak concern you about your pets or other animals?

There is **no** evidence that a dog, cat or any pet can transmit COVID-19.

# Protect yourselves:

-Wash your hands regularly with plenty of soap and water.

-Keep an alcohol-based sanitizer ready for times when soap and water are not available.

-Don't touch your eyes, mouth or nose with unclean hands.

-Keep your distance of at least 1 meter from anyone coughing or sneezing.

# Protect your loved ones:

-Don't sneeze or cough into your hands. Use a tissue and throw it away immediately, or sneeze in the inner side of your elbow.

-Don't travel or visit crowded places if you're sick.

-Wear a mask if you're sick and also if you are taking care of someone with the symptoms.

# Protect your community:

-Stay indoors unless it's completely necessary to leave your house.

-If you feel sick, seek medical attention.

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# Still have questions?

You may consult our qualified online Doctors on the Dawaai app for free.