



Frequently
Asked
Questions
on

**Novel Coronavirus
COVID-19**





1. What is a coronavirus?

Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered coronavirus causes coronavirus disease COVID-19.

2. 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. 'CO' stands for 'corona,' 'VI' for 'virus,' 'D' for disease and '19' for the year when it occurred.

3. What is a pandemic?

- A pandemic is an epidemic (infectious disease outbreak) that spreads on a global scale. Pandemics usually occur when a new infectious disease emerges that can spread rapidly around the world.
- The World Health Organization (WHO) declared the outbreak of COVID-19 a pandemic on 11 March 2020. This COVID-19 pandemic is the first caused by a coronavirus.

4. How COVID-19 spreads?

People can catch COVID-19 from others who have the virus. The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person.





Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth. People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets. This is why it is important to stay more than 1 meter (3 feet or arm's length) away from a person who is sick.

WHO is assessing ongoing research on the ways COVID-19 is spread and will continue to share updated findings.

5. What are the symptoms of COVID-19?

The patients with COVID-19 will experience mild to severe respiratory illness and the symptoms can include fever, cough and shortness of breath. Around 80% people who are having COVID-19 show mild symptoms and remaining will show moderate to severe symptoms with 1-2% fatality rates. Older people (more than 60 years of age), and those with pre-existing conditions like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. People with fever, cough and difficulty breathing should seek medical attention.

6. How long does the coronavirus survive over the surfaces or objects?

The virus lives longest on plastic and steel, surviving for up to 72 hours. However, on copper, indoor metal surface and cardboard, it survives up to four hours, 10 hours and 24 hours respectively.

7. How long is the incubation period for COVID-19?

The “incubation period” means the time between catching the virus and beginning to have symptoms of the disease. Most estimates of the incubation period for COVID-19 range from 1-14 days, most commonly around five days.





8. Definition of contact?

- A person who is living in the same household as a COVID-19 case
- A person having had direct physical contact with a COVID-19 case
- A person who had a contact with COVID-19 case within one meter (3 feet or arm's length) distance for a prolonged period of time; close contact can occur while caring for, living with, visiting, or sharing a healthcare waiting area or room with a COVID-19 case
- In healthcare settings, a person having had direct physical contact with a COVID-19 case or his/her infectious secretions without recommended personal protective equipment (PPE) or with a possible breach of PPE

9. What is the difference between COVID-19 prevention methods -self-isolation, home quarantine and social distancing?

	Social distancing	Home-Quarantine	Self-isolation
Who it's for ?	People who have not been exposed to the virus. (Everyone)	People who have been exposed to the virus and don't have symptoms	People who think they have the virus or have tested for the virus
How Long it's for?	Indefinitely	14 days minimum	At least 7 days from the onset of symptoms





10. What are the instructions for contacts being home quarantined?

- Stay in a well-ventilated single-room preferably with an attached/separate toilet.
- If another family member needs to stay in the same room, it's advisable to maintain a distance of at least 1 meter (3 feet or arm's length) between the two.
- Needs to stay away from elderly people, pregnant women, children and persons with pre-existing medical conditions within the household.
- Restrict his/her movement within the house.
- Under no circumstances attend any social/religious gathering e.g. wedding, condolences, etc.

11. Why social distancing is important?

It is a public health strategy used to limit human interaction in order to prevent the spread of infectious illnesses. It involves limiting human contact as much as possible. Closing schools, working from home, and canceling gatherings of over 50 people fall under the umbrella of Social distancing.

12. Is everyone at risk? Who is most at risk of a serious illness?

Yes, everyone is at risk of getting COVID-19, however, the risk of a serious illness is more in older persons (60 years and above) and persons with pre-existing medical conditions (such as high blood pressure, heart disease, lung disease, cancer or diabetes).





13. How can we help prevent the spread of coronavirus?

- Keeping your distance from others when you are sick is the best defence against most viruses.
- You should:
 - a) Wash your hands frequently with soap and water, before and after eating, and after going to the toilet.
 - b) Cover your cough and sneeze, dispose of tissues, and use alcohol-based hand sanitiser.
 - c) If unwell, avoid contact with others (stay more than 1 metre (3 feet or an arm's length) distance from people.

14. When to use a Mask?

- For healthy people, wear a mask only if you are taking care of a person who is a suspected case of COVID-19
- Wear a mask if you are coughing and sneezing
- Masks are effective only when used in combination with frequent hand-cleaning with alcohol based hand rub or soap and water

15. Will I die if I catch the COVID-19?

No, almost 80% of people have mild symptoms, and recover from the disease in 2 weeks. Most of the symptoms can be treated with timely medical care.

16. Are children at risk of coronavirus infection?

Yes, everyone is at risk of getting COVID-19, however, the risk of a serious illness is more in older persons (60 years and above) and persons with pre-existing medical conditions (such as high blood pressure, heart disease, lung disease, cancer or diabetes).





17. Can the COVID-19 be passed on through food?

No, Coronaviruses are generally spread from person-to-person through respiratory droplets.

18. Can a person infected with coronavirus recover completely and be no more infectious?

Yes, about 80% of people have recovered from the disease without needing special treatment.

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

No case has been reported of pets or other animals becoming sick with COVID-19. However, it is still recommended to wash your hands before and after you interact with your pets as you may not know if some infected droplets get on your pet's fur.

20. Is there a treatment for a COVID-19?

Many of the symptoms are being treated and it is based on the patient's clinical condition. Moreover, supportive care for infected persons can be highly effective.

21. Is there a vaccine for COVID-19?

No, till date no vaccine is available for COVID-19.

22. Are health care providers at high risk from a novel coronavirus?

Yes, health providers are at higher risk of getting COVID-19 as they come into contact with patients more often than the general public, however, with appropriate precautions the risk can be mitigated.





23. Are health care providers at high risk from a novel coronavirus?

Yes, health providers are at higher risk of getting COVID-19 as they come into contact with patients more often than the general public, however, with appropriate precautions the risk can be mitigated.

24. What can I do to protect myself from COVID-19?

- Wash your hands frequently
- Maintain social distancing
- Avoid touching eyes, nose and mouth
- Practice respiratory hygiene
- If you have fever, cough and difficulty breathing, seek medical care early
- Stay informed and follow advice given by your doctor

25. What is Community Spread?

Community spread means some people have been infected and it is not known how or where they became exposed.

26. How to cope with stress during the outbreak?

- It is normal to feel sad, stressed, confused, scared or angry
- Talk to people you trust can help. Contact your friends and family
- If you must stay at home, maintain a healthy lifestyle including proper diet, sleep and exercise
- Don't take to smoking, alcohol or other drugs to deal with your emotions
- Get the facts
- Limit panic and worry
- If you feel overwhelmed, talk to a doctor or counsellor





USAID
FROM THE AMERICAN PEOPLE

