

Q & A about COVID 19

Source: <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

No	Question	Answer
1	What is a coronavirus?	<p>Coronaviruses are a large family of viruses which may cause illness in animals or humans.</p> <p>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).</p> <p>The most recently discovered coronavirus causes coronavirus disease COVID-19.</p>
2	What is COVID-19?	<p>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.</p>
3	What are the symptoms of COVID-19?	<p>The most common symptoms of COVID-19 are fever, tiredness, and dry cough.</p> <p>Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea.</p>
4	How does COVID 19 spread?	<p>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.</p>
5	What can I do to protect myself and prevent the spread of the disease?	<ol style="list-style-type: none">1. Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.2. Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.3. Avoid touching eyes, nose and mouth.4. Make sure you, and the people around you, follow good respiratory hygiene.5. Stay home if you feel unwell.

6	Should I worry about COVID 19?	Illness due to COVID-19 infection is generally mild, especially for children and young adults.
7	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.
8	How long does the virus survive on surfaces?	It is not certain how long the virus that causes COVID-19 survives on surfaces, but it seems to behave like other coronaviruses. Studies suggest that coronaviruses (including preliminary information on the COVID-19 virus) 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).
9	Can I catch COVID-19 from my pet?	No. There is no evidence that companion animals or pets such as cats and dogs have been infected or could spread the virus that causes COVID-19.
10	Is it safe to receive a package from any area where COVID 19 has been reported?	Yes. The possibility of an infected person contaminating commercial goods is low and the risk of catching the virus that causes COVID-19 from a package that has been moved, travelled, and exposed to different conditions and temperature is also low.
11	Is there anything I should not do?	The following measures ARE NOT effective against COVID-19 and can be harmful: <ol style="list-style-type: none"> 1. Smoking 2. Taking traditional herbal remedies 3. Wearing multiple masks 4. Taking self-medication such as antibiotics