

2019-nCoV Coronavirus

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What is the CORONAVIRUS?

A type of virus that affects the respiratory tract. This group of viruses are associated with the common cold, pneumonia, and severe acute respiratory syndrome (SARS). Severe cases can be fatal.

What are the symptoms of CORONAVIRUS?

Symptoms develop within 2 weeks following virus exposure, presenting as the common cold.

- Runny nose
- Headache
- Cough or difficulty breathing
- Sore throat
- Fever
- Body aches
- Malaise – a general feeling of being unwell

It can result in lower-respiratory tract illnesses, such as pneumonia or bronchitis. Those with underlying health conditions are at greater risk from the disease.

How is the CORONAVIRUS transmitted?

- The air by coughing and sneezing
- Close personal contact, such as touching or shaking hands
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands
- Rarely, fecal contamination

Domestic or International Travel

The disease can be spread by infected individuals with dormant symptoms exposing other individuals to the active virus.

- Do not travel if you are unwell
- Abide by travel restrictions. Specific to the recent Coronavirus outbreak (2019-nCoV), do not travel in and out of Wuhan, China. Many airports are closed so check your travel arrangements prior to flying
- Expect temperature check points at airports, transport hubs and land borders

How is CORONAVIRUS prevented?

Protect Yourself

- Wash hands thoroughly with soap and water for at least 20 seconds. Avoid using your clean hands to turn off water or open the door. OR you may use hand-sanitiser with at least 60% alcohol base
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Avoid close contact with people and animals who are sick
- If you choose to wear a face mask in public or when on an airplane (be aware that in some regions the wearing of masks in public is mandatory):
 - The most effective, freely available mask is the 3M N95 which must be worn with no leakage
 - Single layer masks are not effective
 - Be sure to cover your mouth and nose

- Avoid touching the mask once it is on
- Immediately discard single-use masks after use and wash your hands

Protect Others

- Stay isolated if you are ill – do not go to public places, unless seeking medical care (call ahead to alert the doctor's office so that they may take precautions)
- Inform your health care provider of your travel history
- Avoid close contact with others
- Wear a mask to prevent virus transmission through sneezing and coughing
- Clean and disinfect objects and surfaces

How is CORONAVIRUS treated?

There is no specific medicine to treat coronavirus (antibiotics help fight bacterial infections, not viral).

Maintaining a healthy and strong immune system is recommended.

Patients receive supportive care, aimed at relieving the symptoms and preventing complications.

- If presenting with symptoms, see your doctor for further evaluation
- Rest is extremely important, do NOT participate in fitness training
- During the infectious stage (14 days), follow Standard Precautions outlined by local/national/international health authorities. Do not attempt to go onsite
- Once past the infectious stage (14 days) limit going to and from public places only as you risk increasing the transmission of the virus to others and delays your recovery time
- Athletes must be re-evaluated by a doctor before being cleared to resume match play following a viral illness

The World Health Organisation's guidelines and updates can be accessed here:

www.who.int/emergencies/diseases/novel-coronavirus-2019

Coronavirus Disclaimer

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