

# NOVEL CORONAVIRUS (2019-nCoV)

Coronaviruses are one of a variety of viruses that typically cause colds. However, three members of the viral family have caused deadly outbreaks. Severe acute respiratory syndrome, or SARS, Middle East respiratory syndrome, or MERS, and now 2019-nCoV cause more severe disease, including pneumonia.



## 1 SYMPTOMS

WHO says typical symptoms include:

- Respiratory symptoms
- Fever
- Cough
- Shortness of breath
- Breathing difficulties

In more serious cases, symptoms can also include:

- Pneumonia
- severe acute respiratory syndrome
- Kidney failure

2019-nCoV may appear in as few as 2 days or as long as 14 after exposure.

The risk of adverse illness is more common in people with cardiopulmonary disease, people with weakened immune systems, infants, and older adults.

## 2 PRECAUTION

- Wear a facemask anywhere outside, in buses, and public spaces. Throw when worn outdoors, do not bring inside home, office.
- Practice frequent hand washing, if no water, use alcohol-based hand sanitizer
- Keep your hands away from contact with your face.
- When the weather allows, open your windows at home or work, letting your space air out. The virus cannot linger in a well-ventilated space
- Avoid crowded places and close contacts
- Avoid contact with pets and other animals

## 3 IF YOU ARE SICK

- Stay home except to get medical care
- Separate yourself from other people in your home
- Wear a facemask anywhere outside, in buses, and public spaces. Throw when worn outdoors,
- Cover your coughs and sneezes with a tissue, or by your sleeve. Throw used tissues immediately; wash your hands with soap and water.
- Wash your hands, if no water, use alcohol-based hand sanitizer
- Avoid sharing household items even with your family members in your home
- Monitor your symptoms
- Get medical care quickly if your illness is getting worse (for example if you are having trouble breathing).
- Avoid contact with pets and other animals
- Avoid spitting in public

## 4 TREATMENT

There is no specific treatment for disease caused by a novel coronavirus. However, many of the symptoms can be treated and therefore treatment is based on your clinical condition. Consult your doctor, immediately if you develop fever or sore throat along with cold.

## 5 WHERE TO GO IN KATHMANDU

Seek for medical or professional help from your nearest hospital for the blood test and following medication. NPHL (Nepal Public Health Laboratory) has started testing coronavirus in its laboratory from Nepal.

### Foods to build immunity

Plenty of water, Normal Nepali , home cooked meals , in addition you may add: Soups, Garlic, Vitamin-C containing vegetables (Broccoli, beans, cauliflower, Brussel sprouts and capsicums), Yoghurt, Vitamin -c containing fruits (orange, kiwi, lemon, guava, grapefruit), Green leafy vegetables

### AVOID

Under cooked eggs (poached egg, half boiled eggs), Under cooked meat, barbeque or sekuwa, Cigarette , Alcohol, Processed food, Packed foods, Street foods,

**Source of information: World Health Organization (WHO), Center for Disease Control and Prevention (CDC) and related websites**

**Prepared by: Wellness committee, National Society for Earthquake Technology Nepal (NSET)**

