BRUMMANA HIGH SCHOOL

MEDICAL DEPARTMENT

CORONAVIRUS

What are coronaviruses?

Coronaviruses are a large family of viruses which may cause illness.

What is COVID-19?

It is the new respiratory disease caused by the most recently discovered coronavirus and now it is a pandemic affecting many countries globally.

What is the difference between Influenza (Flu) and COVID-19?

Influenza (Flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. Because some of the symptoms are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis.

What are the symptoms of COVID-19?

The most common symptoms are:
- Fever
- Dry cough, sore throat
- Tiredness
- Shortness of breath

Other symptoms that are less common are:
- Pains
- Nasal congestion
- Headache
- Conjunctivitis

- Diarrhea
- Loss of taste or smell
- Rash on skin or discoloration of fingers or toes

How long does it take after exposure to COVID-19 to develop symptoms?

The time between exposure to COVID-19 and the moment when symptoms start is commonly around five to six days but can range from one to 14 days.

Who is at risk for developing serious illness?

It is important to note that anyone can catch COVID-19 and become seriously ill.
Those who are at substantial risk include:
- Older people
- People with high blood pressure
- People with heart and lung problems
- People with diabetes
- People with cancer
- Immunosuppressant people

How does COVID-19 spread?

The disease spreads mainly through close contact from person to person and through small droplets from the nose or mouth, which are expelled when a person coughs, sneezes and speaks. These droplets are relatively heavy, do not travel far and quickly sink to the ground. These droplets can land on objects and surfaces around the person such as tables, doorknobs and handrails. People can become infected by touching these objects or surfaces, then touching their eyes, nose or mouth.

Can a person who has no symptoms transmit COVID-19?

It is possible to catch COVID-19 from someone who just has a mild cough and does not feel ill. This is particularly true in the early stages of the disease. Some people with no symptoms can transmit the virus.

>> [Video: Five things to know about COVID-19 transmission](#)

How can I protect others and myself?

The best way is practicing hand and respiratory hygiene at ALL times by taking some simple precautions:
- Maintain a distance of two meter from others
- Clean your hands frequently and thoroughly with soap and water
- Avoid touching your eyes, mouth and nose
- Cover your cough with the bend of elbow or tissue. If a tissue is used, discard it immediately and wash your hands
- Cover your mouth and nose with a mask when around others

Why should I maintain a 2-metre distance between myself and others?

When someone coughs, sneezes or speaks they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person has the disease.

Why washing hands is important?

Washing your hands regularly and thoroughly with soap and water or using alcohol-based hand rub kills viruses that may be on your hands and can reduce your chances of being infected or spreading COVID-19.

Why should I avoid touching my eyes, nose and mouth?

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and infect you.

Why should I follow respiratory hygiene?

Make sure you cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately and wash your hands. Droplets can spread viruses. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.

Why should I avoid going to crowded places?

Where people come together in crowds, you are more likely to come into close contact with someone that has COVID-19 and it is more difficult to maintain physical distance of two metres.

What does close contact with someone who has COVID-19 mean?

Close contact means that you live with, or have been in settings of less than one metre from those who have the disease.

Why should I stay home and self-isolate even with minor symptoms?

To protect others and to avoid infection from possible COVID-19 and other viruses, stay home when you have a cough, headache or mild fever until you recover.

When should I seek medical attention?

When you have a fever, cough and difficulty breathing call your doctor by telephone in advance. This will also protect you and help prevent the spread of viruses and other infections.

Why wearing a mask is important?

Coughing, sneezing or talking can generate droplets that can cause the spread of the infection. These droplets can reach the face of others nearby and land on the surrounding environment. If an infected person coughs, sneezes or talks while wearing a medical mask, this can help to protect those nearby from infection.

How to wear a mask properly?

- Before touching the mask, clean hands with an alcohol-based hand rub, or soap and water
- Take the mask and inspect it for tears or holes
- Orient which side is the top side (where the metal strip is)
- Ensure the proper side of the mask faces outwards (the coloured side)

- Place the mask to your face
- Pinch the metal strip or stiff edge of the mask so it moulds to the shape of your nose
- Pull down the mask's bottom so it covers your mouth and your chin
- Do not touch the mask while you are wearing it for protection

How to take off a mask?

- Take off the mask with clean hands
- Remove the elastic loops from behind the ears while keeping the mask away from your face and clothes, to avoid touching potentially contaminated surfaces of the mask
- Discard the disposable mask in a closed bin immediately after use
- Do not reuse the mask
- Perform hand hygiene after touching or discarding the mask
- Use alcohol-based hand rub or wash your hands with soap and water

The BHS Medical Team will continue to update this list as we learn more about COVID-19.

Sources of information:
WHO World Health Organization
CDC Centers for Disease Control and Prevention