

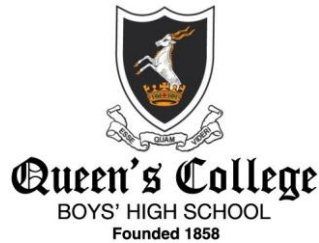


Courtesy of Dale Elliott.

QUEEN'S COLLEGE BOYS' HIGH SCHOOL

***“Caring for you,
Safe and supportive schooling,
Overcoming together”***

**COVID-19 Document
MODULE 1
Covid 19 (2019-nCoV)**



WHAT IS COVID-19?

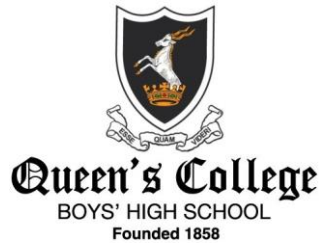
- A corona virus is a kind of common virus that causes an infection in your nose, sinuses, or upper throat. Most corona viruses are not dangerous.
- COVID-19 is a disease that can cause what doctors call a respiratory tract infection. It can affect your upper respiratory tract (sinuses, nose and throat) or lower respiratory tract (windpipe and lungs). It is caused by a corona virus named SARS-CoV-2.

WHERE DID COVID-19 ORIGINATE?

- This virus and disease were unknown before the outbreak started in Wuhan, China, in December 2019.
- COVID-19 is now a pandemic affecting many countries, globally.

SYMPTOMS OF COVID-19

- The most common symptoms of COVID-19 are fever, a dry cough and tiredness.
- Other symptoms that are less common and may affect some patients include aches and pains, nasal congestion, headaches, conjunctivitis, a sore throat, diarrhoea, a loss of taste or smell, a rash on the skin or discolouration of fingers and / or toes.
- These symptoms are usually mild and begin gradually. Some people may become infected but only have very mild symptoms.
- Most people (about 80%) recover from the disease without needing hospital treatment.
- Around 1 out of every 5 people who get COVID-19 become seriously ill and develop difficulty breathing.
- Older people and those with underlying medical problems like high blood pressure, heart and lung problems, diabetes, or cancer, are at higher risk of developing serious illness.
- However, anyone can catch COVID-19 and become seriously ill.
- People of all ages who experience fever and/or cough associated with difficulty in breathing / shortness of breath, chest pain / pressure, or loss of speech or movement should seek medical attention immediately.



HOW IS COVID-19 SPREAD?

- People can catch COVID-19 from others who have the virus.
- The disease spreads primarily from person to person through small droplets from the nose or mouth, which is expelled when a person with COVID-19 coughs, sneezes, or speaks.
- These droplets are relatively heavy, they do not travel far and quickly sink to the ground.
- People can catch COVID-19 if they breathe in these droplets from a person infected with the virus.
- This is why it is important to stay at least 1.5 metres away from others.
- These droplets can land on objects and surfaces around the person such as tables, doorknobs and hand rails.
- People can become infected by touching these objects or surfaces, and then touching their eyes, nose or mouth.
- This is why it is important to wash your hands regularly with soap and water or clean with alcohol-based hand solution.

WHO ARE HIGH RISK PERSONS?

Persons who suffer from one or more of the following diseases:

- Chronic asthma
- Diabetes
- Serious heart conditions
- People aged 60 years and older
- Immune compromised persons

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**Janse van der Ryst
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