



جامعة الفيصل
Alfaisal University

COVID - 19

Fact Sheet

Coronavirus disease or the "2019 novel coronavirus" (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in China.

SARS-CoV-2, severe acute respiratory syndrome coronavirus 2, is the official name for the virus responsible for COVID-19.

The virus that causes COVID-19 is now spreading mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. A person can get COVID-19 by touching a surface or object that has the virus on it and then touching their mouth, nose, or eyes.

Symptoms may appear **2-14 days after exposure**: fever, cough, shortness of breath.

Severe complications include pneumonia, multi-organ failure, and possibly death.

Higher risk group include 65 years of age or older or have a chronic medical condition.

Because there is currently no vaccine to prevent infection, **the best way to protect yourself is to avoid being exposed to this virus**. The CDC recommends the following steps:

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. Use an alcohol-based hand sanitizer that contains at least 60 percent alcohol if soap and water are not available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces

Steps to wash hands the right way

Wet your hands with clean, running water (warm or cold), and apply soap.

Lather your hands by rubbing them together with the soap.

Scrub your hands for at least 20 seconds.

Rinse your hands well under clean, running water.

Dry your hands using a clean towel or air dry them.

If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.

Counter stigma during the COVID-19 response

- Fear and anxiety about a disease can lead to social stigma toward people, places, or things. Stigmatized groups may be subjected to social avoidance or rejection. To help counter stigma during the COVID-19 response.
- Maintain the privacy and confidentiality of information.
- Raise awareness about COVID-19 without increasing fear.
- Share accurate information about how the virus spreads.

Additional facts (March 2020)

- The best way to prevent illness is to avoid being exposed to this virus.
- If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice immediately.
- Seek medical advice if you develop symptoms and have been in close contact with a person known to have COVID-19 or if you have recently been in an area with an ongoing spread of COVID-19.
- The WHO has declared this rapidly spreading coronavirus outbreak a pandemic.
- Children do not appear to be at higher risk for COVID-19 than adults.
- If a child is healthy, there is no need for them to wear a facemask.
- Globally, between 2.3% - 3.4% of reported COVID-19 cases have died.
- 20% of infected people needed hospitalizations and 3-5% ended up in intensive care.
- If you are at higher risk for bad COVID-19 outcome, think twice before air travel.
- The median incubation period is around 5 days, meaning that about half of the people who contract the COVID-19 will start showing symptoms then. Thus, current public health strategies — such as the 14-day quarantine — are correct.

Terms to Know

- **Outbreak**: a large number of people suddenly get sick
- **Epidemic**: a disease outbreak in a community or region
- **Pandemic**: a disease outbreak affecting large populations or a country, or continent
- **Incubation period**: the period between exposure to an infection and when symptoms begin
- Community spread is when people have been infected without any knowledge of contact with someone who has the same infection
- **Social distancing**: refers to actions taken to stop or slow down the spread of a contagious disease. For an individual, it refers to maintaining enough distance between yourself and another person to reduce the risk of breathing in droplets that are produced when an infected person coughs or sneezes. In a community, social distancing measures may include limiting or canceling large gatherings of people
- **Isolation**: the separation of people with a contagious disease from people who are not sick
- **Quarantine**: separates and restricts the movement of people who have a contagious disease, have symptoms that are consistent with the disease, or were exposed to a contagious disease, to see if they become sick

For the most up to date information, visit the CDC's websites [cdc.gov](https://www.cdc.gov)

Other Reliable Sources:

www.moh.gov.sa/en/Pages/default.aspx

www.who.int

www.health.harvard.edu/diseases-and-conditions/coronavirus-resource-center

coronavirus.jhu.edu/map.html