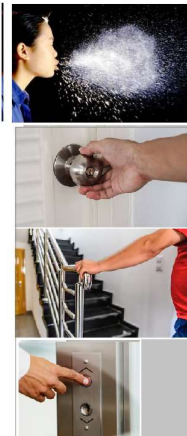


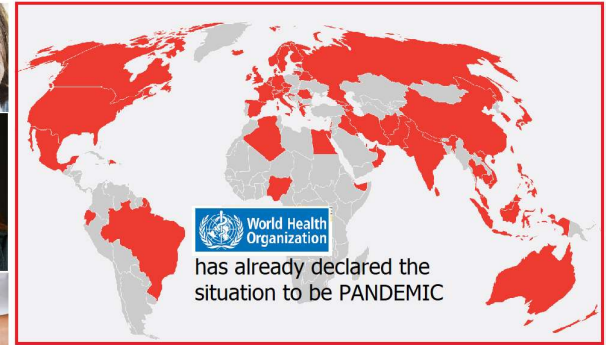
**PM Care**  
**infografik**

**SPECIAL INTEREST ISSUE**  
Wunan Novel Coronavirus Outbreak  
15 March 2020  
Members  
To read and share

CORONAVIRUS is a group of viruses that cause mild respiratory illnesses in animals and human. **NOVEL** viruses are those having undergone major changes and thus develop new capabilities while we have no defense against them.



Covid-19 is spread through small droplets from the nose or mouth when an infected person coughs or sneezes. These droplets land on objects and surfaces around the person. One can get infected by touching these followed by touching one's face. Be mindful of what you touch. Practice frequent (every half an hour hand-washing using soap and water. Alternatively use a reputable hand sanitiser (at least 70% alcohol/ethanol).



**Is there vaccination one can get?**

This is a NEW disease. There is presently NO AVAILABLE VACCINATION.

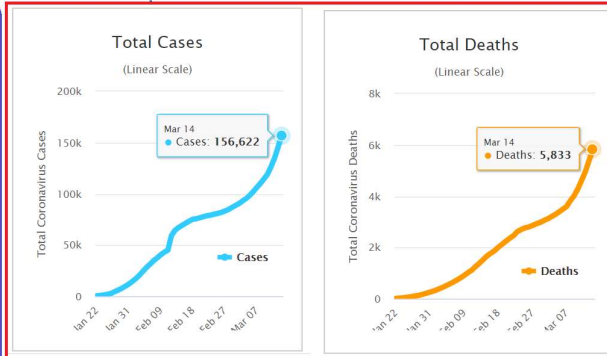
**Recent epidemics**  
involving Coronavirus

Middle East Respiratory Syndrome (MERS-CoV)  
  
First identified in Saudi Arabia 2012

Severe Acute Respiratory Syndrome (SARS-CoV)  
  
First identified in 2002; first infected human in China in 2002

**Novel/New strain**

Wuhan 2019 novel SARS-like strain (2019-nCoV)  
  
First identified in late December 2019 in Wuhan, China

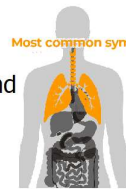


**Planning to travel?** You should review your plans. Already the Ministry of Health has advised against travelling to "hot" countries including Korea, Japan and Italy. You can search the Internet and look at the listed countries and cases to get an idea of the risk. Be careful too of where there are few or no cases reported as there might not be adequate reporting to rely on. Think thoroughly before you travel.



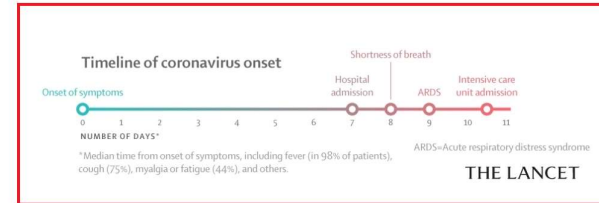
**If you have come back from any high risk areas, or if have been anywhere identified that you probably have been exposed to Covid-19 positive individuals,** declare this to the authorities. You will be screened. You might have to undergo a specific Covid-19 test profile (basically done by either at Institute for Medical Research's Virus Lab or at Public Health Virus Lab); alternatively you can have one done by an authorised laboratory/clinic. Depending on the result, you might be allowed to self-quarantine (for a total of 14 days - or be admitted).

**The most common symptoms of COVID-19 are fever, tiredness, and dry cough.** Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually.

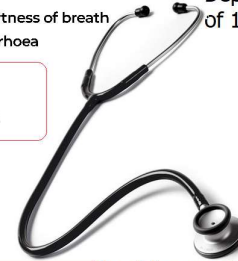


- Most common symptoms:**
- Fever
  - Fatigue
  - Dry cough
  - Aches and pains
  - Runny nose
  - Sore throat
  - Shortness of breath
  - Diarrhoea

Data shows the disease is mild in 80 percent of patients, severe in 13 percent, and critical in 6 percent.



About 20% might get complications - usually some difficulty in breathing (shortness of breath) that might progress to *Respiratory distress*.



**Worked Example for Leave of Absence**

Day 0 (day of return)	Day 1	...	Day 14	Day 15 (staff may return to work)
e.g. 14 March	e.g. 15 March	...	e.g. 28 March	e.g. 29 March

**Practise safe social distancing** - Keep others at least a metre away from you; more if they sneeze.



**Avoid crowded spaces**  
If you need to be in one, wear a good mask; and wash your hands and face afterwards.

