

# COVID-19 Q&A

## What is Coronavirus (COVID-19)?

COVID-19 is a new respiratory disease that is spread from infected persons through direct contact with fluids from cough, sneeze or contaminated and articles.

## What are The Symptoms of COVID-19?

The most common symptoms of COVID-19 are:

- Fever
- Tiredness
- Dry cough.

Some patients may have

- Headache
- Nasal congestion,
- Runny nose,
- Sore throat
- Sneezing,
- Difficulty in breathing

## Will I show all the symptoms?

These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell.

## When should I see a doctor?

People with fever, cough and difficulty breathing should seek medical attention.

## How deadly is the Coronavirus?

Most people (about 80%) recover from the disease without needing special treatment.

Around 1 out of every 6 people who get COVID-19 becomes seriously ill and develops difficulty breathing.

Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop severe illness.

## How is COVID-19 Spread?

The disease can spread from person to person through small droplets from the nose or mouth, which are spread when a person with COVID-19 coughs or exhales.

These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth.

People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets. This is why it is essential to stay more than 1 meter (3 feet) away from a person who is sick.

### How long does the virus survive on surfaces?

Studies suggest that coronaviruses (including preliminary information on the COVID-19 virus) may persist on surfaces for a few hours or up to several days. This may vary under different conditions (e.g. type of surface, temperature or humidity of the environment).

If you think a surface may be infected, clean it with simple disinfectant to kill the virus and protect yourself and others. Clean your hands with an alcohol-based hand rub or wash them with soap and water. Avoid touching your eyes, mouth, or nose.

### Can COVID-19 be transmitted through the air?

Studies to date suggest that the virus that causes COVID-19 is mainly transmitted through contact with respiratory droplets rather than through the air.

### Can COVID-19 be caught from a person who has no symptoms?

The main way the disease spreads is through respiratory droplets expelled by someone who is coughing. The risk of catching COVID-19 from someone with no symptoms at all is very low. However, many people with COVID-19 experience only mild symptoms. This is particularly true at the early stages of the disease. It is therefore possible to catch COVID-19 from someone who has, for example, just a mild cough and does not feel ill.

### How to Protect Yourself and Others?

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
- Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.
- Avoid touching eyes, nose and mouth.
- Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

- Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.
- Keep up to date on the latest COVID-19 hotspots (cities or local areas where COVID-19 is spreading widely). If possible, avoid travelling to places – especially if you are an older person or have diabetes, heart or lung disease.

### Can I catch COVID-19 from my pet?

While there has been one instance of a dog being infected in Hong Kong, to date, there is no evidence that a dog, cat or any pet can transmit COVID-19. COVID-19 is mainly spread through droplets produced when an infected person coughs, sneezes, or speaks. To protect yourself, clean your hands frequently and thoroughly.

### Is it safe to receive a package from any area where COVID-19 has been reported?

Yes. The likelihood of an infected person contaminating commercial goods is low and the risk of catching the virus that causes COVID-19 from a package that has been moved, travelled, and exposed to different conditions and temperature is also low.

### What should do if I suspect I have COVID-19?

- Follow the guidance outlined above (Protection measures for everyone)
- Self-isolate by staying at home if you begin to feel unwell, even with mild symptoms such as headache, low-grade fever (37.3 C or above) and slight runny nose, until you recover.
- If you develop fever, cough and difficulty breathing, seek medical advice promptly as this may be due to a respiratory infection or other serious condition. Call in advance and tell your provider of any recent travel or contact with travellers or contact Ministry of Health emergency teams on: 0800721316, 0729471414, 0732353535 Dial \*265# for updates.



Telephone: +254-20-2717077



Email: [ps@health.go.ke](mailto:ps@health.go.ke)