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From: UUM CORPORATE COMM.
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Subject: 2019-nCoV: Symptoms And How To Protect Yourself?



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"UUM : UNIVERSITI PENGURUSAN TERKEMUKA"
(THE EMINENT MANAGEMENT UNIVERSITY)

2019-nCoV: SYMPTOMS AND HOW TO PROTECT YOURSELF?

CORONAVIRUS 2019-nCoV

Coronaviruses (CoV) are a large family of viruses that cause illness such as the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV).

- Novel coronavirus (2019-nCoV) is a new strain that was not previously identified in humans.
- Believed to have an incubation period of 14 days
- No vaccine developed for 2019-nCoV yet as it is a new strain of virus.

- 1 Virus enters through the nose and mouth.
- 2 It then finds a "host cell" in the respiratory system.
- 3 The host cell then bursts and infects other cells nearby.

SYMPTOMS

1. Fever
2. Cough
3. Shortness of breath and breathing difficulties
4. Severe infection can also cause pneumonia
5. Severe acute respiratory syndrome, kidney failure and even death.

WHERE AND HOW 2019 nCoV SPREADS

WHO was alerted of several cases of pneumonia in Wuhan City, China on Dec 31 last year.

- On Jan 7, 2020, Chinese authorities said they had identified a new virus, which was named 2019-nCoV.
- As of Jan 27, WHO recorded over 4,515 cases resulting in 106 deaths.
- Virus has affected China and surfaced in several countries including Japan, Singapore, Australia, Malaysia, US and France.

HOW TO PROTECT YOURSELF?

Frequently clean hands with hand sanitizers or soap and water

Cover mouth and nose when coughing and sneezing.

Avoid close contact with anyone who has fever and

Seek medical help if you have fever, cough and breathing difficulties.

Avoid direct unprotected contact with live animals and surfaces in contact with animals.

N95 MASK

- Said to help minimise the spread of the virus from infected persons to others.
- Sales of the face mask are said to have been flying off the shelves in countries such as Singapore.
- certified by according to the National Institute for Occupational Safety and Health (NIOSH) standards, the mask filters out **95%** of dust and mould.

Source: WHO & Health Ministry Malaysia.



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