

Strategic partner in the Free State



# CORONAVIRUS, EXPLAINED

July 2020

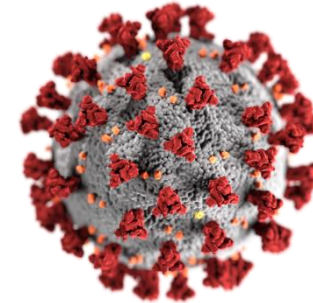
# WHAT IS COVID-19?

## COVID-19

COVID-19 is the disease that results from the SARS-CoV-2 virus.

**COVID-19** is an acronym for **CO**rona **VI**rus **D**isease 20**19**.

It is a result of the coronavirus, with corona meaning 'crown' in Latin. It is named this due to the crown-like spikes that the virus has.



**These crown like structure allow the virus to bind to cells in our body and also on other surfaces. The virus can live on these surfaces for hours so it is possible that people can pick it up by hands, and then infect themselves when touching their face.**

The virus is not alive and require a living cell/host to reproduce as this is their only goal.

# SPREADING THE VIRUS

The main route of transmission for the virus is through droplets dispersed by an infected person when they are coughing, sneezing or even speaking. The virus can also spread when you touch contaminated objects or surfaces.



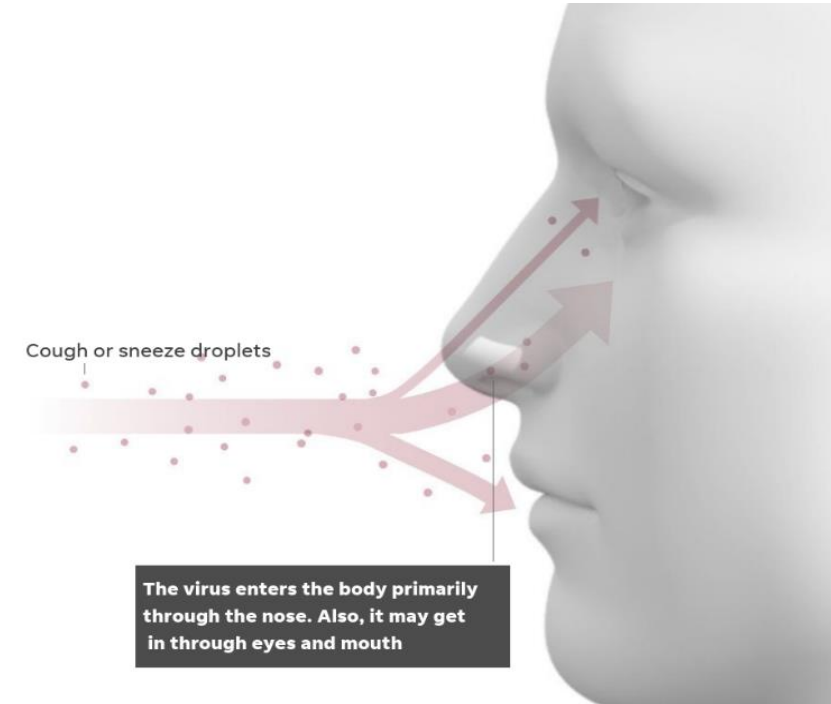
# WHEN THE VIRUS ENTERS THE BODY

Humans touch their face an average of 20 times per hour – touching the eyes, touching the mouth and touching the nose. This allows the virus to enter our bodies.

Once in the body, the virus binds to the proteins on human cells.

After penetrating the cell, the virus starts to replicate, creating more and more copies of the virus, and then also invading more and more cells.

Our bodies try and fight off these invaders, sometimes making us sick in the process.



# THE VULNERABLE PERSONS

**Persons with underlying and/or existing health issues are HIGH RISK or VULNERABLE PEOPLE.**

**They are:**

- Older adults 60+ years of age;
- Those with pre-existing medical conditions
  - Heart disease
  - Diabetes
  - Lung disease
  - TB
  - HIV positive
- Pregnancy

Ensure you know your health status and take extra care to not get infected.

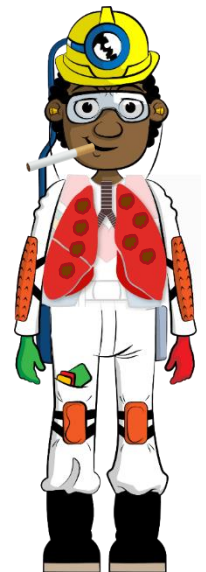
# THE VULNERABLE PERSONS

**Vulnerable people are more at risk of developing severe disease that need hospitalization / ICU or death if they become infected.**

One hospital sample showed that at least three quarters of the individuals who were hospitalized had at least one underlying health condition.

Recent studies also show that men are more susceptible to contracting the disease than women, possible due to some biological factors or it could be that majority of smokers are men, but also less likely to wash their hands.

Ensure you wash your hands as often as you can.



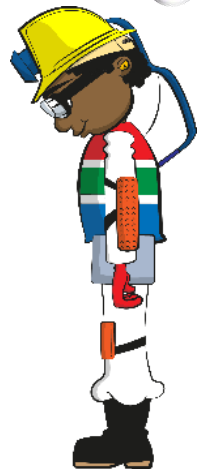
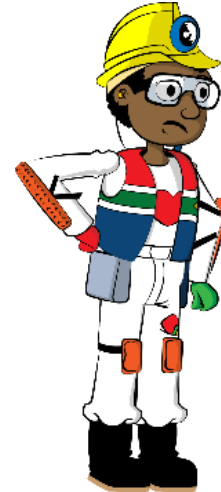
# WHEN OUR BODIES FIGHT BACK

When we get sick with COVID-19, some symptoms that we can experience are:

- Fever
- Coughing
- Fatigue
- Muscle ache

Symptoms that also can follow are:

- Shortness of breath
- Sore throat
- Loss of appetite
- Diarrhea
- Loss of sense of smell
- Lack of taste



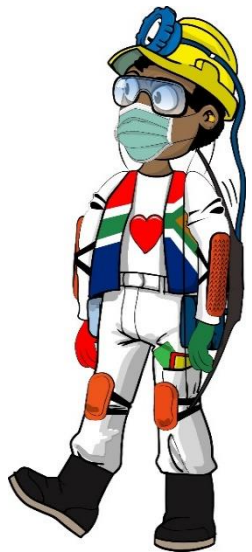
# PREVENTATIVE MEASURES AGAINST COVID-19

Many times, when displaying these symptoms, it is mistaken for the common flu.

Often we are infected by COVID-19 without even knowing it and also not displaying any symptoms. This is known as being asymptomatic.

It is important to note that antibiotics do not work on viruses and currently there is no vaccine available, so what can we do to put up a fight against COVID-19?

- Practice social distancing – avoid crowds and close contact with other people to give the virus fewer chances to spread.
- Wash your hands and maintain good hygiene – wash hands with water and soap for at least 20 seconds.
- Wear a mask – I protect you, and you protect me.
- Should you display symptoms, self isolate immediately.





# THERE IS ALWAYS HOPE

The human race has never been more prepared to combat the coronavirus and COVID-19 like we are now.

Technology, science, coordination and resources from all over the globe have been committed to the cause to help develop a vaccine for this virus. In some instances, entire laboratories have been committed to the cause to help find a vaccine.

But until a vaccine has been developed, we need to help flatten the curve. It is much harder for hospitals and health care systems to save lives if too many people are infected at once as most evidently observed in Italy.

**Play your part and stay home whenever possible.**

**COVID19 HOTLINE:**

 0800029999

IF YOU DISPLAY ANY SIGNS OF THE COVID19 VIRUS, DON'T GO TO YOUR DOCTOR/PHARMACIST/ NURSE AND INFECT THEM OR EVERYBODY IN THE PRACTICE. BY CALLING THE HOTLINE, SOMEONE WILL COME TO YOU TO HAVE YOU TESTED FOR THE VIRUS. SHARE WITH EVERYONE

