

## **Novel Coronavirus**

### **What is the Coronavirus?**

Coronavirus belongs to a large family of viruses which are sometimes zoonotic and cause the human disease. Seven types of corona viruses have been found in human being which cause a range of respiratory infections from ordinary catching cold to severe respiratory diseases. The novel Coronavirus, emerged in Wuhan-China, is called Covid-19.

### **What Are the Signs and Symptoms of the Novel Coronavirus?**

Fever, fatigue feeling, and dry cough are the most frequent symptoms. Furthermore, the infected people suffer from other symptoms such as headache, sore throat, diarrhea, nasal congestion and runny nose. About 80% of the infected people recover without hospitalization.

Elderly people and people who suffer hypertension, heart diseases, and diabetes are more vulnerable. About 2% of the people infected with coronavirus die. People who suffer from fever, cough, and respiratory problems should refer the physician as soon as possible.

General precautions to prevent infecting with coronavirus:

1. Clean your hands frequently, using soap and water, or an alcohol-based hand rub.
2. Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze.
3. Don't touch your eyes, nose or mouth.
4. Maintain a safe distance (at least 1 meter) from anyone who has the symptoms of cold or flu.
5. Wear a mask when physical distancing is not possible.
6. Avoid kissing each other and handshake. Notice that the use if mask is not necessary for all people. The ordinary masks can be used for 3 hours and the N95 masks can be used for 8-12 hours.
7. Don't use elevator as much as possible and if it is necessary, don't touch the buttons and handles directly (use paper tissue or cotton swab, ....). the used paper tissue should be thrown in a lidded trash and then the hands should be disinfected.
8. In the elevator, don't stand face to face of other people.

9. Avoid eating meals in restaurants and canteens. Don't use the sugar cubes which are served in a common sugar bowls in teahouses and restaurants. Generally, it is good not to use the unwrapped edibles. Wash the fruits and vegetable carefully. Throw the paper or plastic bags in which the purchased things are put. A clean dish can be used to transfer the purchased items from house entrance to the house interior.
10. Avoid arbitrary use of herbs and antibiotics.
11. Smoking not only has no effect on preventing Coronavirus disease but also can be harmful especially when common hooka is used by people.
12. If you have a cold symptoms stay at home and consider the hands hygiene and use ordinary masks in order to prevent spreading the virus.
13. In case of using mask, don't touch the outer layer otherwise wash your hands immediately.
14. Don't throw the used face masks on the ground and don't spit in public places
15. The clothes used outside of home should be placed in a specific area near the entrance of home separately from other clothes. They should be washed frequently.
16. Knobs, surfaces, and objects such as keys, cellphone, ....., which are touched frequently should be cleaned and disinfected regularly. Boost your body immune system using suitable foods and enough sleep.
17. Use only fully cooked meat and eggs.

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