Outbreaks of Coronavirus

The 2019 novel coronavirus, as well as two other human coronaviruses, have caused severe symptoms. In 2012, the Middle East Respiratory Syndrome Coronavirus (MERS-CoV) outbreak caused severe illness—nearly 4 out of 10 people infected died. The severe acute respiratory syndrome coronavirus (SARS-CoV), which was first reported in Asia in 2003, spread to two dozen countries, infected 8,098 people and caused 774 deaths before it was contained.

How can I prevent coronavirus infection?

The most common cases of coronavirus typically occur in autumn and winter, but can happen at any time throughout the year. Unfortunately, there is not a vaccine that can protect you from human coronavirus infection. However, because human coronavirus is believed to be spread through person-to-person contact, the NHS recommends the following prevention strategies:

* Avoid all but essential travel to areas with a high risk of coronavirus.
* If you have returned from an area with a high risk of coronavirus in the last 14 days, stay indoors and avoid contact with other people. Contact NHS 111 to inform them of your recent travels.
* Avoid touching your eyes, nose or mouth with unwashed hands.
* Avoid contact with those who are sick.
* Wash your hands frequently with soap and water.

For more information about coronavirus, click [here.](https://www.nhs.uk/conditions/wuhan-novel-coronavirus/)

CORONAVIRUS

According to health experts, coronaviruses are common in animal species, and most don’t affect humans. As of now, only seven different coronaviruses are known to infect humans. In their lifetime, most people will be infected with at least one common human coronavirus.

What are the symptoms of coronavirus?

Common coronaviruses typically cause mild to moderate upper-respiratory tract illness, and those affected exhibit flu-like symptoms. The most common symptoms include:

* Headache
* Cough
* Fever
* Sore throat
* Runny nose

Some cases of coronavirus can be more severe, and individuals experience more serious lower-respiratory tract illnesses like bronchitis and pneumonia. For the elderly, infants and those with weakened immune systems, coronavirus can be even more dangerous.

How is coronavirus diagnosed?

If you’re exhibiting coronavirus symptoms, you should stay indoors and contact NHS 111 immediately, especially if you’re experiencing symptoms and have travelled to countries where outbreaks have been reported. Do not go to a GP surgery, pharmacy or hospital. The NHS will likely conduct a lab test to detect coronavirus.

Health and well-being tips for your work, home and life