

COVID-19

FREQUENTLY ASKED QUESTIONS

1. HOW DOES COVID-19 SPREAD?

SARS-CoV-2, the virus that causes COVID-19, can spread from person to person through droplets produced during coughing or breathing during close contact with an infected individual. Infection can also occur indirect contact when these droplets land on objects and surfaces around the infected individual and the other person touches these objects or surfaces, then touches their eyes, nose or mouth. This is why it is important to stay at least 1-2 meters (3-6 feet) away from a person who is sick. Given that some individuals have no symptoms while still infected with the virus, physical distancing of 1-2 meters should be observed regardless of whether the other person seems sick.

2. WHAT ARE THE SYMPTOMS OF COVID-19?

The most common symptoms of COVID-19 are fever, cough and fatigue. Some patients may have loss of taste or smell, conjunctivitis, headache, muscle aches and pains, nasal congestion, runny nose, sore throat, diarrhea, nausea or vomiting, and different types of skin rashes. These symptoms are usually mild and begin gradually. Some people (about 80%) recover from the disease without needing special management. Approximately 1 out of every 6 people who get COVID-19 becomes seriously ill and develops symptoms of severe COVID-19, which include difficulty breathing/shortness of breath, confusion, loss of appetite, persistent pain or pressure in the chest, and needs hospitalization. O



You can reduce your chances of being infected or spreading COVID-19 by taking the following precautions:

- ◁ Clean your hands regularly and thoroughly with an alcohol-based hand rub or wash them with soap and water. Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.
- ◁ Maintain at least 1-2-meter (3-6 feet) distance between yourself and anyone who is coughing or sneezing. When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing or sneezing has the disease.
- ◁ Follow physical distancing rules of at least 1-2-meter (3-6 feet) distance between yourself and others regardless of whether they are showing symptoms.
- ◁ Avoid touching your eyes, nose and mouth. Hands touch many surfaces and can pick up viruses. Once contaminated, your hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.
- ◁ 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 coughing or sneezing, then disposing of the used tissue immediately. Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as the common cold, flu and COVID-19.
- ◁ 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. National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.
- ◁ Wear a mask for the duration of your illness and while you have symptoms as source control to prevent onward spread of COVID-19 if you are infected.
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8. HOW LIKELY AM I TO CATCH COVID-19?

The COVID-19 situation continues to evolve globally. To date, all countries and continents have reported cases. Make sure you are aware of the local situation in your country and duty station.



14. ARE ANTIBIOTICS EFFECTIVE IN PREVENTING OR TREATING COVID-19?

Antibiotics are used to treat bacterial infections. Since COVID-19 is a virus, antibiotics are not indicated for the direct treatment. However, it may be required in some instances, such as for treating secondary bacterial infections.

15. ARE THERE ANY MEDICINES OR THERAPIES THAT CAN PREVENT COVID-19?

There are currently no medicines or therapies that can prevent COVID-19. However, several therapies are being investigated.

16. IS THERE A DRUG OR TREATMENT FOR COVID-19?

Currently, most people will recover at home without any specific medications and treatments. For those who are severely ill, optimal supportive care, including oxygen and other respiratory support, may be required. Corticosteroids are indicated for those with severe or critical illness. Remdesivir, hydroxychloroquine, lopinavir/ritonavir and interferon have not been shown to be beneficial.

There are several ongoing clinical trials that include both western and traditional medicines to see if any other medications might be useful for COVID-19.

17. IS THERE A VACCINE FOR COVID-19?

Yes, there are vaccines that have been authorized for use against COVID-19. Please see https://www.un.org/sites/un2.un.org/files/coronavirus_vaccinefaq.pdf and the WHO website for more information and details on COVID-19 vaccines.

18. I AM LOOKING AFTER SOMEONE WHO IS ILL WITH SUSPECT



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25. IS IT SAFE TO RECEIVE A PACKAGE FROM AN 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



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