



# Coronavirus/COVID-19

## Separating the facts from fiction

### The disease

## COVID-19

(Coronavirus disease - 2019)

#### Incubation

2-14 days after exposure

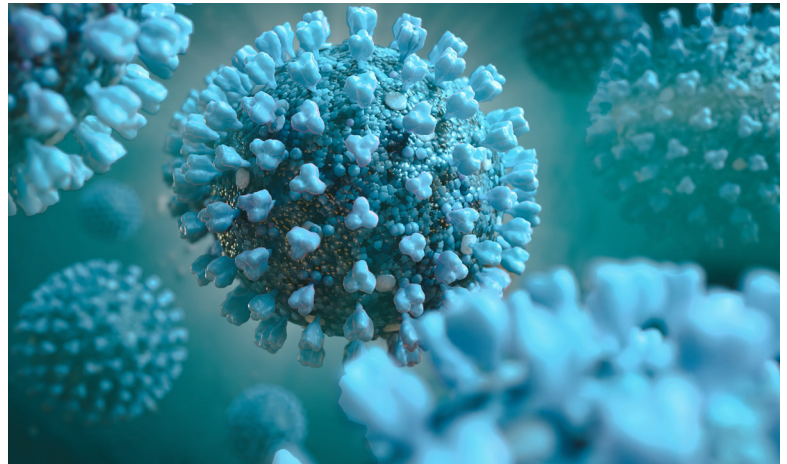
#### Symptoms

Fever and/or dry cough,  
shortness of breath

#### Spectrum

Asymptomatic -  
to severe viral pneumonia

- Taking into account undiagnosed cases, experts estimate actual mortality to be around 0.3-1% (compared with flu ~0.1%, SARS 10% and MERS 34%)
- Most severe cases weighted heavily towards the elderly (>80 years) and those with pre-existing conditions
- Transmission appears to be more containable than flu, with current travel restrictions in place/contact tracing



### Preventing spread

#### If well and to prevent inadvertently contracting the virus:

- Regular hand hygiene
- Avoid touching your eyes, nose or mouth if you have not washed your hands
- Regularly wipe down surfaces exposed to sick people
- Face masks are currently not recommended as a preventative measure for people who have not had any potential exposure to the coronavirus
- Reconsider overseas travel - what if I need hospitalisation overseas?
- Focus on maintaining good health (healthy diet, regular exercise, adequate sleep and leisure/relaxation with regular breaks from constant news feeds)

#### If unwell and to prevent transmission to others:

- Good cough/sneeze etiquette - into tissues, then wash hands or into elbow/upper arm
- Stay at home if not completely well (and practise 'social distancing, that is, stay at least 1.5 metres away from others, avoid crowds etc)

#### Treatment:

- Currently symptomatic/supportive treatment only
- Trials of antivirals in progress (remdesivir and ritonavir/lopinivir)
- Vaccine still likely at least 12-18 months before ready
- Obtain influenza vaccine to prevent concurrent flu and coronavirus infection