



A SLICE OF ORANGE
Refreshing your health

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The Novel Coronavirus (nCoV)

WHAT YOU NEED TO KNOW



The coronavirus is normally found in animals. Sometimes it evolves and spreads to humans. The

well-known MERS and SARS are both coronavirus infections. MERS-CoV came from camels. SARS-CoV is believed to have come from bats. Studies suggest that nCoV came from snakes.



Symptoms may appear 2–14 days after exposure. It starts with fever, and then dry cough. After a week, there is

shortness of breath. If left unmanaged, the infection can progress to respiratory or kidney failure, which leads to death.



To protect yourself, don't transfer viruses from your hands to your face.

Wash your hands

with soap and water frequently and for at least 20 seconds. Stop touching your face. Avoid touching things that are frequently touched by other people, or disinfect them with alcohol spray/wipes before touching.



The virus may be spread through both direct and indirect contact.

If infected people

cough or sneeze into the air you breathe, or if droplets from their cough/sneeze fall on something you touch, or if you touch an infected person, the virus could get transmitted from their body to yours.



There is no available vaccine or treatment yet. Like many viral infections, nCoV infection is

managed by treating symptoms until the body eradicates the virus on its own.



If you think you may be infected, get treated and protect your family and friends. If you

have fever or coughing AND you had close contact either with someone who has been to Wuhan, China, or someone who has been under investigation for nCoV infection in the last 14 days, you may be at risk of nCoV infection. Go to a healthcare facility immediately for medical advice and care.