

# NOVEL CORONAVIRUS AND THE FLU

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## What is Coronavirus?

Coronaviruses (CoV) are a large family of viruses that cause illnesses ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV). A novel coronavirus (COVID-19) is a new strain that has not been previously identified in humans.<sup>1</sup>



## How are Certain Coronavirus Transmitted?

Animal to person and person to person via infected air droplets.<sup>2</sup>



## How are the Coronavirus and Influenza different?

### UNDERSTANDING THE DISEASE

Far more studies have been performed on the Influenza virus to study its type, transmission, and severity. However, the presence of COVID-19 is new and requires further research and clinical studies.

### VACCINES

Available for Influenza but unavailable for COVID-19 at the moment.

### SIGNS & SYMPTOMS

- Fever
- Cough
- Shortness of breath  
(more severe in Coronavirus compared to Influenza)




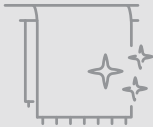


In severe cases, an infection can cause pneumonia, severe acute respiratory syndrome, kidney failure, and even death.<sup>1</sup>

Symptoms may appear in as few as 2 days or as long as 14 days after exposure.



## What Can I Do to Protect Myself?

The best way to prevent infection is to avoid exposure to COVID-19 and Influenza virus by <sup>2</sup> <sup>3</sup>:

 <p>Washing your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.</p>	 <p>Avoid touching your eyes, nose, and mouth with unwashed hands.</p>	 <p>Avoid close contact with people who are sick or showing symptoms.</p>
 <p>Wear a mask at all times in public areas if you are showing symptoms.</p>	 <p>Stay home when you are sick or showing symptoms.</p>	 <p>Cover your cough or sneeze with a tissue, then throw the tissue in the trash.</p>
 <p>Clean and disinfect frequently touched objects and surfaces.</p>	 <p>Avoid direct contact with wild animals, raw meat, and farms.</p>	 <p>Avoid eating meat/eggs/milk that isn't thoroughly cooked.</p>

References:

1. <https://www.who.int/health-topics/coronavirus>
2. <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>
3. [http://www.moh.gov.my/moh/resources/maklumat%20terkini/Novel%20Coronavirus/WhatsApp\\_Image\\_2020-01-26\\_at\\_18.57\\_.15\\_.jpeg](http://www.moh.gov.my/moh/resources/maklumat%20terkini/Novel%20Coronavirus/WhatsApp_Image_2020-01-26_at_18.57_.15_.jpeg)