

HEALTH ADVISORY

Novel Coronavirus (2019-nCoV)

Date: **January 27, 2020**

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What are Coronaviruses?

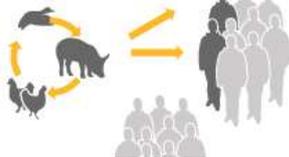
Coronaviruses (CoV) are a large family of viruses that cause illness ranging from common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV). A novel coronavirus (nCoV) is a new strain that has not been previously identified in humans. This new virus was temporarily named “2019-nCoV.”



What are the Symptoms?

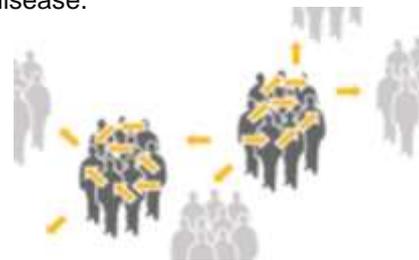
The illness is still being studied. So far, the common symptoms include **fever, cough, shortness of breath** and **difficulty in breathing**. These symptoms are not limited to 2019-nCoV. Respiratory illnesses and pneumonia caused by other organism (including bacteria) and other viruses (such as influenza) can also cause these symptoms. 2019-nCoV is capable of causing severe illness, and some infected people have died. It is possible that people with underlying health condition are at high risk of severe disease.

How does 2019-nCoV spread?



Environment-to-human

Preliminary information suggests that the novel coronavirus is zoonotic, or transmitted from an animal source to humans. The initial cluster of cases appeared to have a common source of exposure - a local live seafood and animal market



Human-to-human

From a sick person to others who are in close contact. In general, coronaviruses spread through infected respiratory droplets, just like other respiratory infections, including colds and influenza. A sick person expels these droplets when they cough, sneeze, or talk. Others can get the disease via contact (direct or indirect) with these contaminated droplets.

What can I do to protect myself?

Below are the standard recommendations for the general public to reduce exposure to and transmission of a range of illnesses are as follows, which include hand and respiratory hygiene, and safe food practices:



- Frequently clean hands by using alcohol-based hand rub or soap and water;



- Avoid close contact with anyone who has fever and cough;
- If you have fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider;



- When coughing and sneezing cover mouth and nose with flexed elbow or tissue – throw tissue away immediately and wash hands;



- When visiting live markets in areas currently experiencing cases of novel coronavirus, avoid direct unprotected contact with live animals and surfaces in contact with animals;



- Ensure food, including eggs, is thoroughly cooked.
- The consumption of raw or undercooked animal products should be avoided. Raw meat, milk or animal organs should be handled with care, to avoid cross-contamination with uncooked foods, as per good food safety practices.



- Strengthen your immune system by exercise, balance diet, and taking your multivitamins.

DO NOT travel if you are sick



- Avoid touching eyes, nose, and mouth

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Situation update from World Health Organization as of January 26, 2020:

- On 26 January 2020, the number of reported confirmed cases of novel coronavirus (2019-nCoV) has increased by 694 cases since the last situation report published yesterday.
- A total of 2,014 confirmed 2019-nCoV cases have been reported globally;
- Of the 2,014 cases reported, 1,985 cases were reported from China, including Hong Kong SAR (5 confirmed cases), Macau SAR (2 confirmed cases) and Taipei (3 confirmed cases).
- Twenty-nine confirmed cases have been reported outside of China in ten countries (Japan, South Korea, Vietnam, Singapore, Australia, Malaysia, Thailand, Nepal, USA, and France).
 - Of these 29 exported cases, 26 had a travel history from Wuhan City, China.
- Among the three cases identified in countries outside of China:
 - One case in Australia had direct contact with a confirmed case from Wuhan while in China;
 - One case in Australia reported today; travel history is not yet known.
 - One case in Viet Nam had no travel history but was in contact with a confirmed case (his father with travel history to Wuhan), resulting from human to human transmission within a family.
- Of the 1,975 confirmed cases (excluding Hong Kong SAR, Macau SAR and Taipei), 324 cases have been reported as severely ill;
- Fifty-six deaths have been reported to date (52 deaths in Hubei province and 4 from outside Hubei).
- **To date, there is no confirmed 2019 novel coronavirus (2019-nCoV) case in the Philippines.**

