

CORONAVIRUS

Word has come from the family of a friend who worked in Shenzhen Hospital (Guangdong Province, China) and who sent them the following notes on Coronavirus for guidance:

- If you have a runny nose and sputum, you have a common cold
- Coronavirus initially exhibits a dry cough with no runny nose
- This new virus is not heat-resistant and will be killed by a temperature of just 26/27 degrees; it hates the Sun
- If someone sneezes with it, droplets can travel up 10 feet before falling to the ground, no longer airborne
- Droplets falling onto a metal surface can still be active for at least 12 hours. On touching a suspect metal surface, wash your hands as soon as possible with a bacterial soap/gel. If you use gels, ensure they are the type containing 50% alcohol
- On fabric the virus can survive for 6-12 hours but normal laundry detergent will kill it
- Drinking warm water is effective for all viruses; try to avoid liquids with ice
- Wash your hands frequently. The virus can only live on your hands for 5-10 minutes. However, a lot can happen during that time, rubbing the eyes, touching the nose unwittingly and so on to spread the virus
- Gargling is also a useful prevention; a simple solution of salt in warm water will suffice
- Can't over-emphasise - drink plenty of water!

THE SYMPTOMS:

- The virus will first infect the throat, so potentially a sore throat lasting 3 to 4 days
- The virus then blends into a nasal fluid that enters the trachea and then the lungs, potentially causing pneumonia; this takes about 5 to 6 days following the sore throat stage. The nasal congestion is not like the normal kind and it can feel almost like you're drowning; it's imperative at this point to seek immediate medical attention.
- With pneumonia comes the potential for a high fever and difficulty in breathing