

## General information on COVID-19

Coronavirus Disease 2019, is a pandemic that started in December 2019 in China and which has spread to all continents. As of May 28 2020, there are **5,911,331** confirmed cases, **362,124** deaths. In Cameroon on the same date, there are 5,426 confirmed cases, 175 deaths. (source: <https://www.worldometers.info/coronavirus/>, accessed May 29, 2020 at 8:35 a.m.)

## Symptoms or manifestations

The following symptoms may appear isolated, at the beginning then gradually, an association of signs

- tiredness
- cough (irritating dry cough)
- sore throat
- fever, feeling of fever
- muscle pain (aches)
- headache
- diarrhea sometimes vomiting,
- conjunctivitis
- cold
- loss of smell and / or taste.

More rarely :

- breathing difficulties

The appearance of cough associated with fever are signs of evolution towards gravity. If you have one or more of the symptoms described, stay at home and call 1510, follow the instructions of health authorities and continue to observe scrupulously barrier measures. CONFINE in your room by waiting for the arrival of a medical team.

## Evolution of the disease

Diseases related to the new coronavirus can evolve very differently. For example, some people have only mild symptoms and barely notice they are sick. Others need to be hospitalized or sometimes need breathing support.

**No symptoms** : Some infected people do not have symptoms. Therefore, they do not know that they are

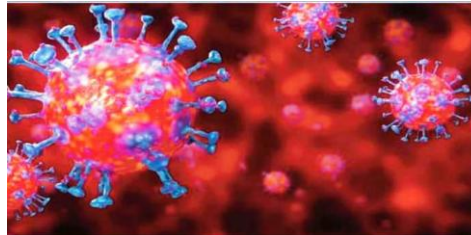
infected and can therefore transmit coronavirus without knowing it.

**Mild development (80% of cases)** : For the vast majority of infected people, the course of the disease is mild. Symptoms appear, but they are mild. It's about mostly healthy people and under 60 years.

**Severe development (20%)** : In the event of a severe development, the symptoms worsen after about five to ten days. First comes respiratory distress, which can be followed by pneumonia. In this case, the subject need medical treatment, and often also oxygen supply. In the vast majority of cases, people receiving good treatment recover their health between one and four weeks.

**Critical course (5% of severe cases)** : With some people, respiratory symptoms get so worse that they need intensive care. So, artificial respiration is put in place to support lung functions. Thanks to a timely medical intervention, more than half of critically evolving cases survive. They recover after a few weeks. According to current knowledge, 1 to 2% of people tested positively die from the disease.

## CORONAVIRUS/COVID-19



**LET PROTECT OURSELVES and PROTECT OTHERS .**

## Contacts

If you have questions about the coronavirus

**In case of fever, cough, difficulty breathing**

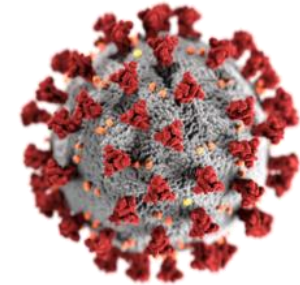
- dial 1510
- contact the University CMS
- [www.covid19.cm](http://www.covid19.cm)

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Social and Welfare Centre

# What we need to know about Coronavirus / Covid-19



**Better  
prevent  
than  
cure**

## History:

At the end of 2019, grouped cases of pneumonia occur in China, some of which are fatal. January 9, 2020, the virus responsible is identified, it is a new **coronavirus**. It is very contagious. This virus has spread over 5 continents and has touched many countries around the world, with a lot of deaths. The first cases were detected in Cameroon on March 6th, 2020 in Yaoundé.

## Origin: where does this new coronavirus come from?

Covid-19 belongs to the **coronavirus** family. The contamination is of **animal origin**. The epidemic stemmed from a local market in Wuhan, China, where wild animals were sold. On February 7, 2020, scientists from South China Agricultural University have identified the pangolin as a "*possible intermediate host*" suspected of having transmitted the coronavirus to humans. Coronaviruses were first identified in humans in the **1960s**. However two of them have led to serious epidemics: SARS-CoV in 2002 and Mers-CoV in 2012 and today SARS-CoV-2. January 30th, 2020, this disease was declared a Public International Health Emergency by the Director General of WHO due to the rapid spread of this epidemic.

## Contagion and routes of contamination

**Mouth** : By putting soiled objects or hands in the mouth (hands may be soiled by contaminated clothing or instruments or work surfaces: keyboards, door handles, taps, furniture, telephone, switches, push buttons, pencils or pens...).

**Nose** : Respiratory inhalation, splashes salivaries containing the virus or running fingers through the nostrils.

**Eyes** : By spraying saliva droplets into the eyes or by bringing your hand or fingers to your eyes.

In humans, these diseases range from the common cold to severe lung infection responsible for acute respiratory distress.

The disease is transmitted by postillions (sneezing, cough). We therefore consider that close contact with a sick person is necessary to transmit the disease: same place of life, direct contact within a meter when coughing, sneezing, or talking in the absence of protective measures. One of the preferred vectors of transmission of the virus is contact with unwashed hands.

## Incubation time:

The average incubation period is 2 to 14 days.

## Here's how to protect yourself

A regular hand washing (every hour) and **the wearing of masks** help reduce transmission of the virus.

Wash hands thoroughly with clean water and soap.

Hand washing plays a key role in hygiene:

it is therefore important to wash hands regularly and take care to protect yourself well.



## When to wash your hands?

Hands should be washed as often as possible, especially:

- ⇒ before preparing meals;
- ⇒ before eating;
- ⇒ before feeding children;
- ⇒ after blowing your nose, coughing or sneezing;
- ⇒ each time we return home;
- ⇒ after using public transport;
- ⇒ after visiting a sick person or having close contact with the equipment she uses or its personal effects;
- ⇒ after removing a mask;
- ⇒ after going to the bathroom;
- ⇒ after changing a diaper or helping a child to go to bathroom ;
- ⇒ after handling waste;

⇒ whenever you have dirty hands.

## How to reduce the risk of spread?

- Cover your nose and mouth when coughing or sneezes, preferably with a tissue.
- If you don't have a tissue, cough and sneeze in the crook of the elbow and not in the hands
- If you still use your hands, wash them if possible immediately with clean water and soap or use an alcoholic solution
- Blow your nose only with single use handkerchiefs (no tissue). Spit in a disposable tissue. Wash one's hands after coughing, sneezing or spitting in a tissue.
- Use a disposable tissue then in a trash can.
- Maintain a distance of at least 1m with other people
- Avoid crowded places

## Contacts





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- **contact the University CMS**
- **[www.covid19.cm](http://www.covid19.cm)**

# CORONAVIRUS

Tips to reduce risk of infection

-  Wash hands often. Use soap and water or an alcohol-based hand rub
-  Cover your mouth and nose if you cough or sneeze with the inside of your elbow
-  Don't get close to anyone who has cold or flu-like symptoms
-  Go to the doctor if you have a fever, cough or feel that it is difficult to breathe
-  If you go to the market, don't touch animals or anything in the area they stay