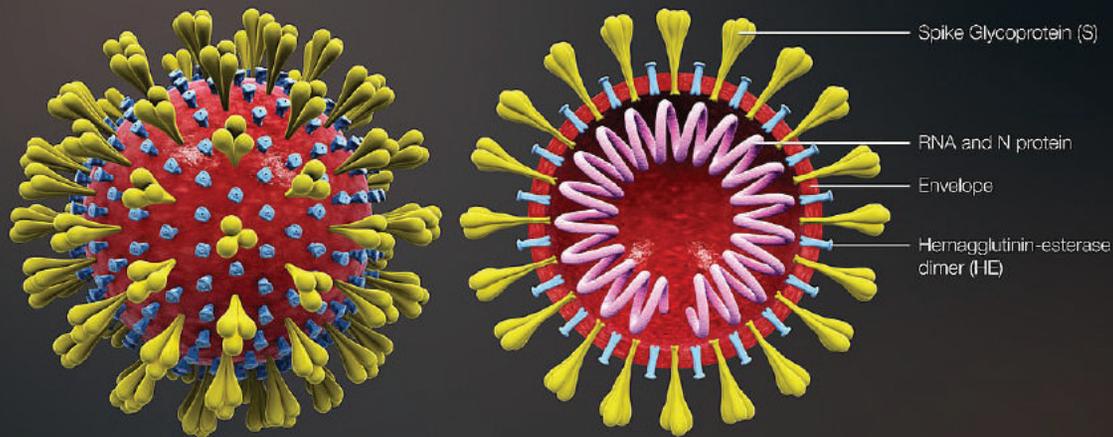


# Coronavirus disease 19

# COVID 19

**Caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)**



**Corona- Latin word means “Crown”**

*Figure: Electron micrograph of coronavirus*

**Highly transmittable  
Pathogenic viral infection**

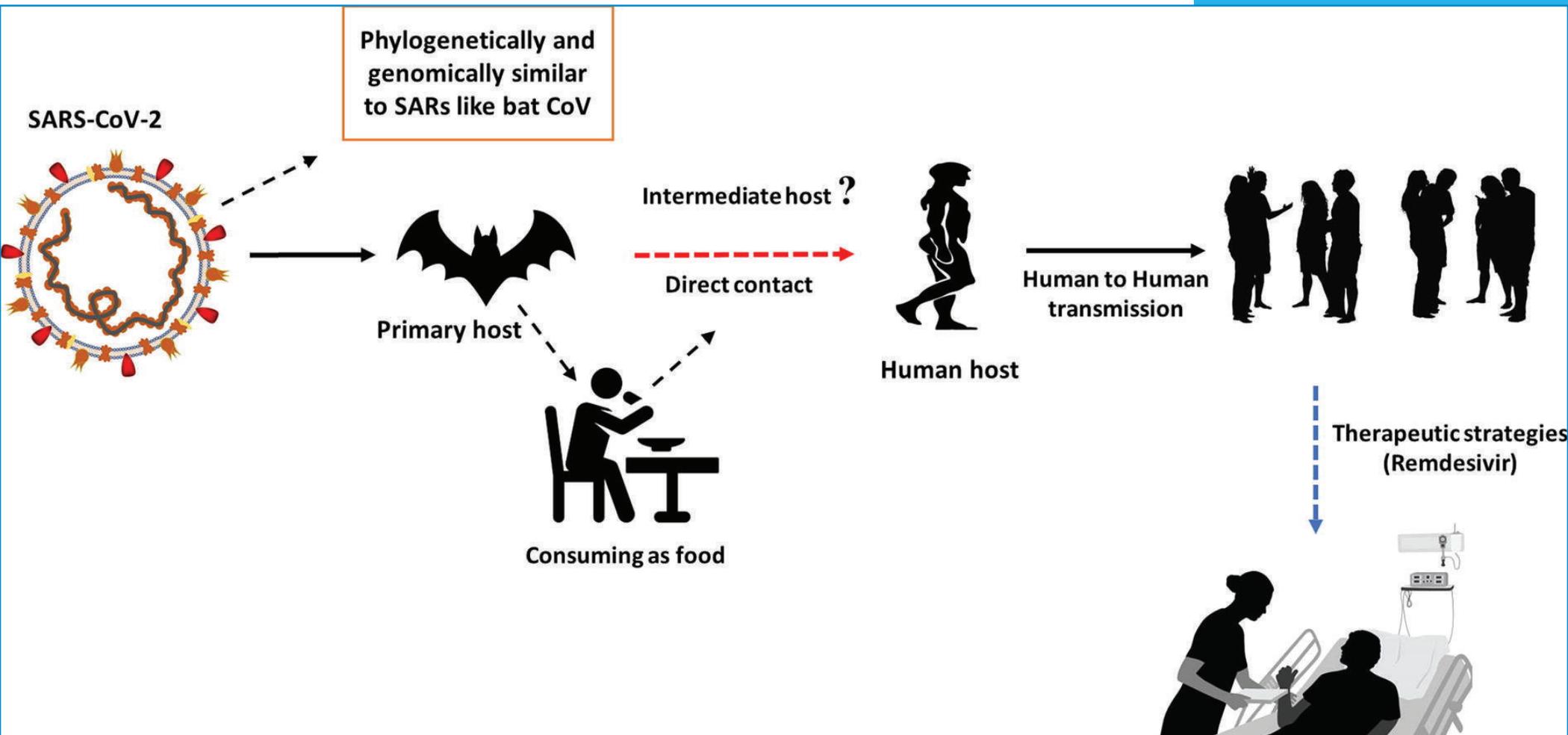
**SARS-CoV-2 is SARS-like bat viruses,  
bats could be the possible primary reservoir**

**The intermediate source of origin and  
transfer to humans is not known**

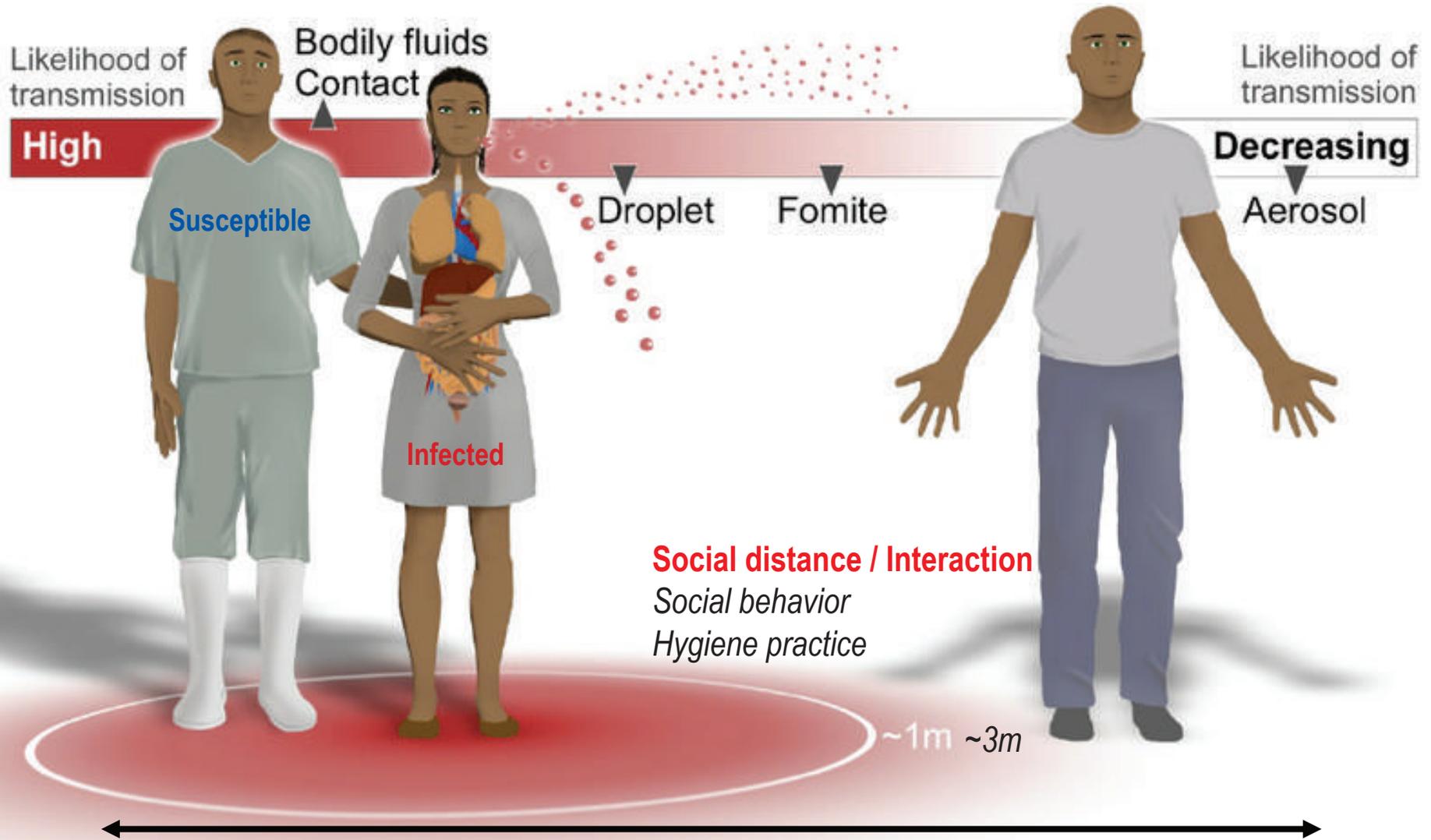
**The rapid human to human transfer  
has been confirmed widely.**

**No clinically approved vaccine or antiviral drug !!**

# Origin and Transmission of novel coronavirus (SARS-CoV-2 2019)



# Transmission



## **BREAKING NEWS!**

New Coronavirus Can Incubate For As Long As 27 days Before Showing Symptoms!

Source: Thailand Medical News Feb 22, 2020

# How infection occurs!!

## CORONAVIRUS: THE FACTS

**1** Virus enters through the nose and mouth

**2** It then finds a 'host cell' in the respiratory system

**3** The host cell then bursts and infects other cells nearby

**SYMPTOMS**

- Runny nose
- Cough
- Sore throat
- High temperature

**CHINA**  
South China Seafood Wholesale Market, Wuhan

**INDIA**

1000 km

Source: <https://thegreatcelebrity.com/world-news/the-8-ways-to-boost-your-immune-system-to-protect-against-killer-coronavirus-bug-the-sun/>

# CORONAVIRUS PREVENTION



WEAR A SURGICAL MASK



WASH HANDS WITH WATER AND SOAP/SANITIZER



AVOID CONTACT WITH ANIMALS



DON'T EAT RAW FOOD THOROUGHLY  
COOK MEAT AND EGGS



DON'T TOUCH EYES, NOSE OR MOUTH UNWASHED HANDS



COVER YOUR NOSE AND MOUTH WHEN SNEEZING



AVOID CONTACT WITH SICK PEOPLE



REGULAR SLEEP

# Prevention is better than cure

# WHO Recommendation



Know How it Spreads



Cover coughs and sneezes



Wear a facemask if you are sick



Clean your hands often



Social Distancing



Stay home if you're sick



Clean and disinfect

## Don't

1. Touch your eyes, nose, or mouth if your hands are not clean.

## Do

1. Wash your hands regularly for 20 seconds, with soap and water or alcohol-based hand rub.
2. Cover your nose and mouth with a disposable tissue or flexed elbow when you cough or sneeze.
3. Avoid close contact (1 meter or 3 feet) with people who are unwell.
4. Stay home and self-isolate from others in the household if you feel unwell.

*Infographic: preventive measures for COVID-19  
[Source: Adapted from Centers for Disease Control and Prevention (CDC). United States*

# Ways to boost your immune system to protect against killer coronavirus

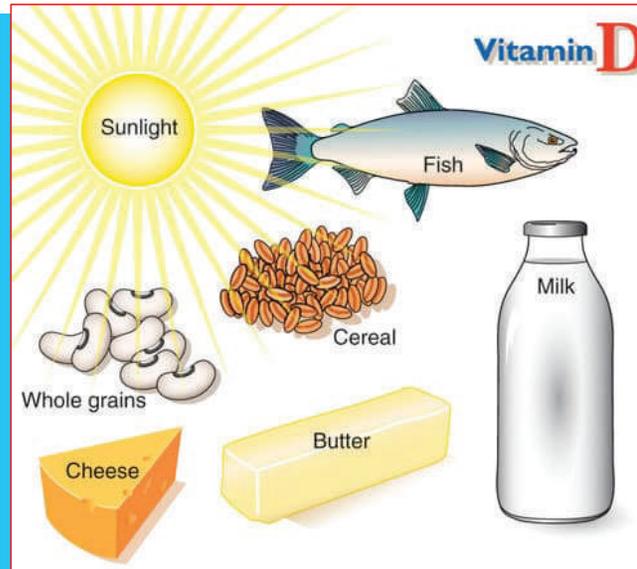
- Reduce stress
- Eat plenty of fruit and vegetable
- Drink plenty of warm water, don't try cold water
- Eat Vitamin-C rich food (citrus food ex. lemon)
- Get some quality sleep
- Wash your hands regularly
- Maintain hygiene (cooking, handling and eating food)
- Keep exercising
- Load up on vitamin D (ex. sun bath for 20 minutes)
- Quit smoking
- Gargle with warm-water
- Don't eat raw food (fish, meat should cook longtime)
- Take antioxidant rich food (Ex. Beet root)



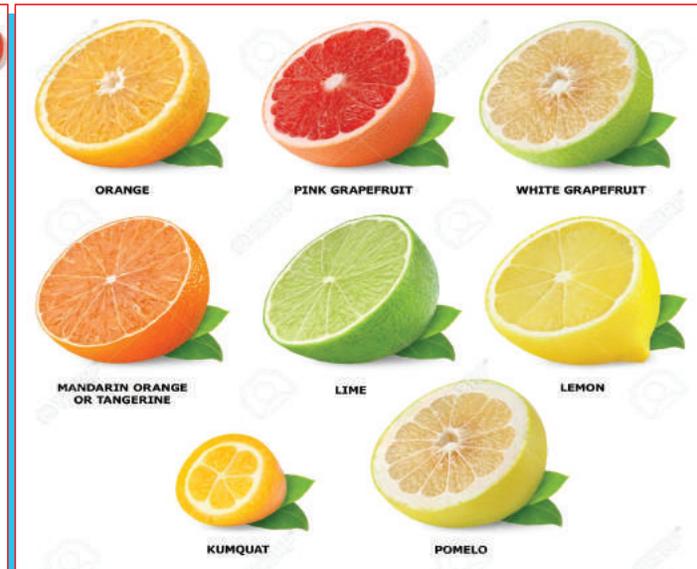
# Food to boost up your immune system



Antioxidant rich food



Vitamin-D



Vitamin-C