



COVID-19



Dr. Majid Ghayour Mobarhan Nutritionist from the UK

➤ Is Covid-19 transmitted from an asymptomatic person to others?

The main route of transmission of the disease is through respiratory droplets spread by the cough of the infected person in the environment. The risk of getting Covid-19 through contact with someone who has no symptoms is shallow. Of course, many people with Covid-19 have mild symptoms, especially in the disease's early stages.

➤ What to do to protect against and prevent the spread of the disease?

Get the latest information on the Covid-19 outbreak through the World Health Organization and Public Health Officers website in the country or area. Outbreaks of the new coronavirus have been reported in many countries, and outbreaks have been reported in several countries. In China and several other countries, officials have managed to reduce or stop the outbreak.

Why should we distance ourselves from the sick person?

Because people with sneezing or coughing spread many droplets around their mouth and nose, these droplets may carry the virus.

If you are near a person with Covid-19 and that person coughs, you may become infected by inhaling these droplets that carry the virus.

Do not touch the eyes, mouth, or nose.



➤ Does Covid-19 have a specific vaccine, drug, or treatment?

Not yet. To date, no vaccine or antiviral drug has been developed specifically for this disease. However, patients should be cared for to reduce the symptoms of the disease.

The development of vaccines and specific drug therapies is under investigation and is undergoing clinical trials.

The World Health Organization is organizing existing activities to develop vaccines and drugs to prevent and treat Covid-19 disease.





➤ What is the Coronavirus? ◀

Coronaviruses are a large family of viruses that can infect animals and humans. Many known coronaviruses cause a range of respiratory infections in humans, ranging from the common cold to more severe illnesses such as Middle East Respiratory Syndrome (MERS) and Acute Respiratory Syndrome (SARS). The newly discovered coronavirus is the cause of the Covid-19 disease.

➤ What is COVID-19? ◀

The newly discovered coronavirus causes
Covid-19 infectious disease. The emerging
virus and its disease were unknown before the
recent outbreak in December 2019 in Wuhan,
China.



What are the symptoms of COVID -19?

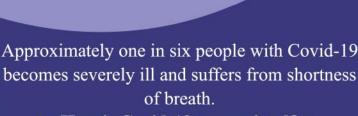
Fever, fatigue, and dry cough are the most common symptoms of Covid-19 disease. Some patients may have other symptoms such as pain and bruising, nasal congestion, runny nose, sore throat, or diarrhea.

These symptoms are usually mild and start gradually. Some sufferers may not experience any of the symptoms



of the disease and may not feel unwell.

Most patients (about 80%) recover without
the need for special treatment.



➤ How is Covid-19 transmitted? <

Other people may get the disease from someone who has Covid-19. It is possible to transmit Covid-19 from sick people (carriers of the virus) to healthy people. The disease can be spread to others through droplets spread around the mouth and nose of a person with Covid-19 by coughing or exhaling. These droplets are spread on the equipment and surfaces around the patient.

