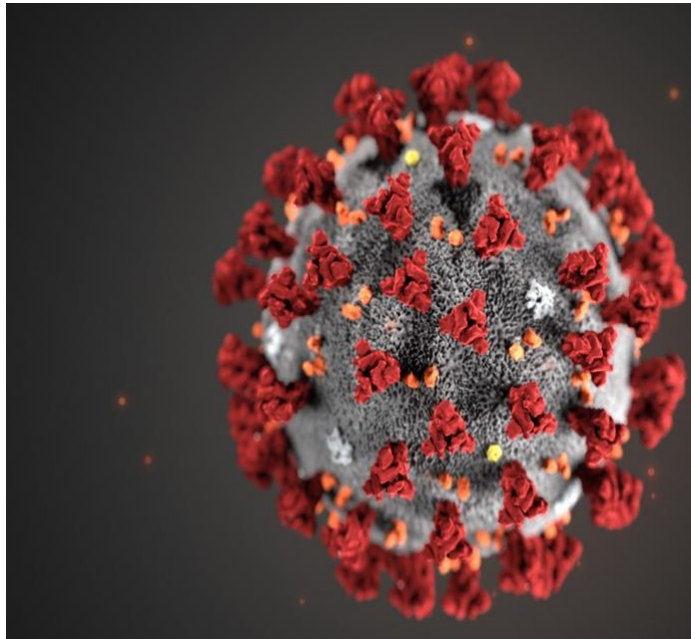




24 Hour Zen Medical Clinic  
40 Lodhia St. Nadi  
P.O. Box 1512,  
Nadi

Ph: 6703533/ 6707525  
Fax: 6703272  
Email: zenlowfj@yahoo.com

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## What is SARS-CoV-2? What is COVID-19?

Severe Acute Respiratory Syndrome Coronavirus -2 (SARS-CoV-2) is the name given to the 2019 novel coronavirus. COVID-19 is the name given to the disease associated with the virus. SARS CoV-2 is a new strain of coronavirus that has not been previously identified in humans

## **Where do Coronaviruses come from?**

Coronaviruses are viruses that circulate among animals with some of them also known to infect humans.

Bats are considered natural host of these viruses, yet several other species of animals are also known to act as sources. For instance, Middle East Respiratory Syndrome Coronavirus (MERS-CoV) is transmitted to humans from camels, and Severe Acute Respiratory Syndrome Coronavirus-1 (SARS-CoV-1) is transmitted to humans from civet cats

## **What is the mode of transmission? How (easily) does it spread?**

While animals are believed to be the original source, the virus spread is now from person to person (human to human transmission). Insufficient epidemiological data available about how quickly this virus spreads between people, but it is estimated that on average that one infected person will infect between two and three people.

The virus is transmitted mainly via small respiratory droplets through sneezing, coughing or when people interact with each other for some time in close proximity (usually less than 1 meter).

These droplets can then be inhaled, or they can land on surfaces that others may encounter, who can then get infected when they touch their nose, mouth or eyes. The virus can survive on different surfaces from several hours (copper, cardboard) up to few days (plastic, stainless steel). The amount of viable virus declines overtime.

The incubation period for COVID-19 is currently estimated between one to fourteen days. The virus can be transmitted when people who are infected show symptoms such as coughing.

## **What are the symptoms of COVID-19**

Symptoms vary from having no symptoms to severe symptoms

- Fever
- Cough
- Sore throat
- General weakness and fatigue
- Muscular pain
- Loss of sense of smell (anosmia) or taste

- Severe pneumonia
- Acute Respiratory Distress Syndrome
- Septic Shock
- Death

## **Who are at risk?**

Elderly people above 70years and those with underlying health conditions (e.g.high blood pressure, cardiovascular disease, chronic respiratory diseases and cancer) are considered to be more at risk of developing severe symptoms.

## **Is there a treatment for the COVID-19 disease?**

There are no specific treatment or vaccine for this disease.

Healthcare providers isolate confirmed cases and manage them symptomatically. Severe cases are usually managed in tertiary centers.

## **Can I get tested for COVID-19?**

The current tests for COVID-19 is provided by the Ministry of Health and Medical Services, Fiji. The current advice is that those that fulfil the criteria will be tested.

People with a fever or respiratory illness who:

- Have been in contact with a COVID-19 case
- Return travellers including on cruise ship
- Being hospitalised with pneumonia or a respiratory illness of unknown cause
- Are in a high risk setting where at least 1 COVID-19 case have been confirmed, such as an aged care facility, prison, boarding school, detention centre or a military base

For those that do not qualify to the above criteria, Rapid tests can be accessed from our Centre. Please inquire on speed dial 5919 in its availability

## **How can I avoid getting infected on infecting others?**

- Wash your hands with soap and water regularly for 20seconds
- Avoid touching your face with unwashed hands
- Use hand sanitisers (alcohol based), gels or tissues in all settings
- Cough and sneeze into your elbow
- Stay 1 meter or more away from people
- Voluntary self-isolation

## **What can I do if I think I have COVID-19 Symptoms and Signs?**

- Call the national advice line on-----

- Present to your nearest GP
- Call our centre emergency line on 5919