

WUHAN CORONAVIRUS OUTBREAK

What You Need To Know



WHAT IS CORONAVIRUS?

Coronaviruses are a family of viruses that can cause a range of illnesses from the common cold to severe diseases, such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

In December 2019, a new kind of coronavirus, 2019-nCov, was identified as the cause of various cases of pneumonia in Wuhan City, Hubei Province of China. It has become a concern because the origin and the exact conditions of its spreading are still not known.¹

HOW DO I RECOGNISE IT?

The main symptoms of coronavirus resemble those of a bad cold or the flu, which can make detection difficult. They include:

- › Fever
- › Cough
- › Shortness of breath

More severe cases can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death. The incubation period is believed to be around two weeks.



KEY FACTS

- › Although 2019-nCov is in the same family as the viruses that cause MERS and SARS, it is in fact a different strain
- › As of 31st January 2020, cases were confirmed outside of China in Australia, Cambodia, Canada, France, Japan, Malaysia, Nepal, Singapore, Taiwan, Thailand, The Republic of Korea, The United States and Vietnam

1. Center for Disease Control and Prevention, <https://wwwnc.cdc.gov/travel/notices/alert/novel-coronavirus-china>, January 6, 2020.



WHAT CAN I DO TO PROTECT MYSELF?

- › Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol based hand sanitiser
- › Avoid touching your eyes, nose, and mouth
- › Avoid close contact with sick people
- › Avoid visiting crowded places
- › Consider using a face mask
- › If you need to travel, make sure to follow [guidelines](#) to avoid illness



WHAT DO I DO IF I THINK I HAVE THE VIRUS?

- › Cover your mouth with a tissue when you cough or sneeze or consider using a face mask
- › Remain at home if possible
- › If you show any symptoms, especially after having travelled to an affected area, **please seek medical care immediately** and mention your recent travels to your doctor

MORE INFORMATION

For more information on the novel coronavirus please follow the below links:

- › [World Health Organization](#)
- › [Centres for Disease Control and Prevention](#)

WORRIED ABOUT YOUR SYMPTOMS?

Contact your local general practitioner to seek advice.
You may also have access to a virtual GP via Cigna Virtual Health®.

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This information is for educational purposes only. It is not medical advice and should not be used as a tool for self-diagnosis. Always consult with your provider for appropriate examinations, treatment, testing and care recommendations. Your use of this information is at your sole risk.

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