COVID-19 - AKDN

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SOURCE: WHO, CDC, AGA KHAN HEALTH SERVICES, AGA KHAN UNIVERSITY

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What is COVID-19?
COVID-19, or coronavirus disease 2019, is caused by a novel coronavirus known as SARS-CoV-2. It is a respiratory illness that can cause mild to severe symptoms. The majority of people infected with COVID-19 recover within 2-6 weeks, but some develop more severe symptoms and require medical care.

How is COVID-19 spread?
COVID-19 is primarily spread through respiratory droplets when an infected person coughs or sneezes. It can also be spread through close contact with an infected person, typically within 6 feet.

What are the symptoms of COVID-19?
Symptoms of COVID-19 can range from mild to severe and include:
- Fever
- Cough
- Shortness of breath
- Fatigue
- Muscle or body aches
- Loss of taste or smell
- Chills
- headache
- Sore throat

Who is at risk of severe COVID-19?
Older adults and people with underlying health conditions such as heart disease, diabetes, and chronic lung disease are at higher risk of severe illness from COVID-19.

Precautions to take
- Wash your hands frequently with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose, and mouth.
- Practice social distancing by staying at least 6 feet away from others.
- Wear a face mask when in public.

Vaccination
An approved COVID-19 vaccine is available in some countries. It is recommended that everyone who is eligible get vaccinated to help protect themselves and others from COVID-19.

COVID-19 tests
A COVID-19 test can be performed to determine if someone is infected with the virus. This test is usually done by taking a sample from the nose or throat and checking for the presence of the virus.

Treatment
There is no specific treatment for COVID-19, but treatment may include rest, fluids, and medications such as antiviral drugs.

Prevention
Preventing the spread of COVID-19 is crucial in controlling the outbreak. This can be done through measures such as social distancing, mask-wearing, handwashing, and vaccination.

Conclusion
COVID-19 is a serious health threat that has affected millions of people worldwide. By following the recommendations and precautions provided, we can help prevent the spread of the virus and protect ourselves and others.

For more information, please visit https://www.who.int/COVID-19.