



## What should I know about coronaviruses?

### Where do coronaviruses come from?

- Coronaviruses cause disease in a wide variety of animal species
- SARS-CoV was transmitted from civet cats to humans in China in 2002 and MERS-CoV from dromedary camels to humans in Saudi Arabia in 2012
- Several known coronaviruses are circulating in animals that have not yet infected humans
- A spillover event is when a virus that is circulating in an animal species is found to have been transmitted to human (s)
- **Human to human transmission:** Based on current available information, Coronaviruses may be transmitted from person to person either through droplets or contact.

### What is 2019-nCoV?

- Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV). A novel coronavirus (nCoV) is a new strain that has not been previously identified in humans.
- The first cases of the 2019-nCoV were identified in Wuhan, China in 2019.
- Coronaviruses are zoonotic, meaning they are transmitted between animals and people. Detailed investigations found that SARS-CoV was transmitted from civet cats to humans and MERS-CoV from dromedary camels to humans. Several known coronaviruses are circulating in animals that have not yet infected humans.
- **There is no specific treatment for disease caused by a novel coronavirus. However, many of the symptoms can be treated and therefore treatment based on the patient's clinical condition. Moreover, supportive care for infected persons can be highly effective.**



### What are the symptoms of 2019-nCoV infection?

- Common signs of infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

### Who is at risk for 2019-nCoV infection?

- The people who are at risk of getting the disease are people who live in an area of China that has been affected, or who have visited an affected area.
- People, including family members or health care workers, who are caring for a person infected with 2019-nCoV.
- The source of the outbreak is believed to be from an animal in a live animal market, but this is still under investigation



## How can I prevent from getting infected with 2019-nCoV?



### Protect yourself from illness with respiratory pathogens by practicing hand and respiratory hygiene and safe food practices:

- Frequently clean hands by using alcohol-based hand rub (for 20-30 seconds) when hands are not visibly soiled or soap and water (for 40-60 seconds) when hands are soiled;
- When coughing and sneezing cover mouth and nose with flexed elbow or tissue – throw tissue away immediately in a closed bin and wash hands;
- Avoid close contact with anyone who has fever and cough;
- Perform hand hygiene after having contact with respiratory secretions and contaminated objects or materials.
- If you have fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider;
- When visiting live markets in areas currently experiencing cases of novel coronavirus, avoid direct unprotected contact with live animals and surfaces in contact with animals;
- The consumption of raw or undercooked animal products should be avoided. Raw meat, milk or animal organs should be handled with care, to avoid cross-contamination with uncooked foods, as per good food safety practices.
- **Keep a daily temperature log during duty travel to monitor your health and symptoms during duty travel and for 14 days after returning.**

### What do I do if I think I have 2019-nCoV?

- **If you are experiencing fever, cough and difficulty breathing and have recently travelled to or are a resident in an area where 2019-nCoV is circulating reported, seek medical care immediately** if you begin to develop fever or respiratory symptoms such as shortness of breath or cough.
- Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms. If advised to seek care, wear a medical mask when you go to doctor's office/emergency room.
- Inform your Manager.
- **Do not go to work while sick** and minimize contact with others to prevent the spread of infection.

### Precautions in health care settings:

- Health care workers (HCWs) caring for patients should apply standard precautions for all patients. See WHO Standard precautions in health care: <https://www.who.int/csr/resources/publications/standardprecautions/en/>
- HCWs caring for suspected or confirmed coronavirus infection, or handling specimens from them, should implement contact and droplet precautions in addition to standard precautions. See WHO guidance: [https://www.who.int/publications-detail/infection-prevention-and-control-during-health-care-when-novel-coronavirus-\(ncov\)-infection-is-suspected](https://www.who.int/publications-detail/infection-prevention-and-control-during-health-care-when-novel-coronavirus-(ncov)-infection-is-suspected)



## How do I stay healthy while travelling?

### STAY HEALTHY WHILE TRAVELLING

**Avoid travel if you have a fever and cough**



**If you have a fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider**




### STAY HEALTHY WHILE TRAVELLING

**Avoid close contact with people suffering from a fever and cough**



**Frequently clean hands by using alcohol-based hand rub or soap and water**



**Avoid touching eyes, nose or mouth**




### STAY HEALTHY WHILE TRAVELLING

**Eat only well-cooked food**



**Avoid spitting in public**



**Avoid close contact and travel with animals that are sick**




### STAY HEALTHY WHILE TRAVELLING

**When coughing and sneezing cover mouth and nose with flexed elbow or tissue – throw tissue away immediately and wash hands**



**If you choose to wear a face mask, be sure to cover mouth and nose - avoid touching mask once it's on**



**Immediately discard single-use mask after each use and wash hands after removing masks**



### STAY HEALTHY WHILE TRAVELLING

**If you become sick while travelling, inform crew and seek medical care early**



**If you seek medical attention, share travel history with your health care provider**




## What to know after duty travel:

Immediate medical follow up is strongly recommended if you have had symptoms during your mission or 14 days after returning. You should seek medical attention immediately and highlight to your doctor your recent travel to an area with nCoV.

### For more information:



- **WHO (2019-nCoV):** <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- **WHO advice for international travel and trade in relation to nCoV:** <https://www.who.int/ith/2020-24-01-outbreak-of-Pneumonia-caused-by-new-coronavirus/en/>
- **UN Medical Services Around the Globe:** <https://hr.un.org/page/medical-services-around-globe>