

James Wilson

**coronavirus from China
pandemic-2020**

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How not to get infected with
coronavirus from China?
Prevention of coronavirus.

James Wilson

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Pandemic-2020. How not to get
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«Издательские решения»

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Coronavirus from China (2020) is the result of a large and serious study. This book will help you save your life and the health of your family and friends. Thanks to the unique talent of the author, it is clear, accessible and useful to tell about scientific research, you can reliably protect yourself. The book tells how not to get infected with coronavirus from China. What should I do to prevent coronavirus? What to do if you get sick. And what exactly should not be done!

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Coronavirus from China. Pandemic-2020 How not to get infected with coronavirus from China? Prevention of coronavirus

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The most important thing you can do to protect yourself is to keep your hands and surfaces clean.

Keep your hands clean, wash them frequently with soap and water, or use a disinfectant.

Also, avoid touching your mouth, nose, or eyes with unwashed hands.

James Wilson, the Expert of Wuhan coronavirus

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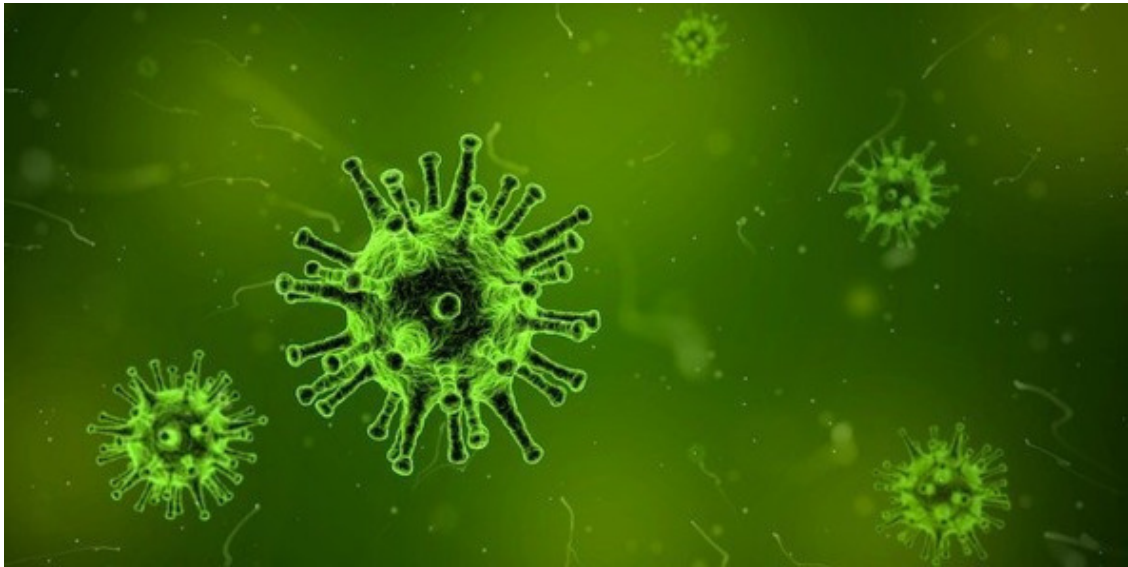
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WHAT ARE CORONAVIRUSES?

Coronaviruses are a family of viruses that primarily affect animals, but in some cases can be transmitted to humans.

Usually, diseases caused by coronaviruses occur in a mild form, without causing severe symptoms.

However, there are also severe forms, such as middle East **respiratory syndrome** (Mers) and severe acute respiratory syndrome (Sars).



CORONAVIRUS under the microscope

WHAT ARE THE SYMPTOMS OF THE DISEASE CAUSED BY THE NEW CORONAVIRUS?

Feeling of fatigue Difficulty breathing High temperature Cough and / or sore throat Symptoms are similar to many respiratory diseases, often mimic a common cold, and may resemble the flu.

If you have similar symptoms, consider the following:

Have you visited high-risk areas (China and surrounding regions) in the past two weeks?

Have you been in contact with someone who has visited high-risk areas (China and surrounding regions) in the past two weeks?

If the answer to these questions is positive, the symptoms should be treated as carefully as possible.



SYMPTOMS

HOW IS THE CORONAVIRUS TRANSMITTED?

Like other respiratory viruses, coronavirus is spread through droplets that are formed when an infected person coughs or sneezes.

It can also spread when someone touches any contaminated surface, such as a door handle. People get infected when they touch their mouth, nose, or eyes with contaminated hands.

Initially, the outbreak occurred from animals, presumably, the source was the seafood market in Wuhan, where there was an active trade not only in fish, but also in animals such as marmots, snakes and bats.



HOW TO PROTECT YOURSELF FROM CORONAVIRUS INFECTION?

The most important thing you can do to protect yourself is to keep your hands and surfaces clean.

Keep your hands clean, wash them frequently with soap and water, or use a disinfectant.

Also, try not to touch your mouth, nose or eyes with unwashed hands (usually such touches are performed unconsciously by us on average 15 times an hour).

Carry hand sanitizer with you so that you can clean your hands in any environment. Always wash your hands before eating. Be especially careful when you are in crowded places, airports, and other public transport systems.

Minimize touching surfaces and objects located in such places, and do not touch the face. Carry disposable wipes with you and always cover your nose and mouth when you cough or sneeze, and be sure to dispose of them after use.

Do not eat food (nuts, chips, cookies, and other snacks) from shared packages or dishes if other people have dipped their fingers in them.

Avoid greeting handshakes and kisses on the cheek until the epidemiological situation stabilizes.

At work, regularly clean the surfaces and devices that you touch (computer keyboard, General office equipment panels, smartphone screen, remotes, door handles and handrails).



PROTECT YOURSELF

HOW TO WEAR A MEDICAL MASK CORRECTLY?

- 1. Carefully cover your nose and mouth with the mask and secure it to reduce the gap between your face and the mask.**
- 2. Do not touch the mask during use. After touching the used mask, for example, to remove it, wash your hands.**
- 3. After the mask becomes wet or dirty, put on a new clean and dry mask.**
- 4. Do not reuse disposable masks. They should be discarded after each use and disposed of immediately after removal.**



MEDICAL MASK

WHAT CAN I DO AT HOME?

Tell the children about the prevention of coronavirus.

Explain to children how germs spread and why good hand and face hygiene is important.

Make sure that everyone in the family has their own towel, and remind them not to share toothbrushes or other personal hygiene items.

Ventilate the room frequently. Treat the room with ultraviolet light.



IS IT POSSIBLE TO CURE THE NEW CORONAVIRUS?

Yes, of course.

However, there is no specific antiviral drug for the new coronavirus – just as there is no specific treatment for most other respiratory viruses that cause colds.

Конец ознакомительного фрагмента.

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