**CORONAVIRUS DISEASE** (1)

Coronaviruses are important human and animal pathogens.

COVID-19 symptoms include fever, a dry cough, tiredness, and some patients may have aches and pains, nasal congestion, runny nose, sore throat, or diarrhea and shortness of breath. A headache isn't a common symptom of the virus, but about 14% of people infected with corona have experienced it. These symptoms may appear 2-14 days after exposure\*. контакт с источником заражения, воздействие

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases. Most people have mild illness and are able to recover at home. Keep track\* of your symptoms. If you have an emergency warning sign (including trouble breathing), get medical attention immediately. \* отслеживать

**Emergency warning signs include:**

Trouble breathing

Persistent pain or pressure in the chest

New confusion\* (спутанность сознания) or inability to arouse

Bluish lips or face

Shortness of breath is the most serious. It can occur on its own, without a cough. If your chest becomes tight or you begin to feel as if you cannot breathe deeply enough to fill your lungs with air. Fever is a key sign of Covid-19. But you should remember that our temperature is not the same during the day. If you take it in the morning, it may be normal. One of the most common presentations of fever is that your temperature goes up in the late afternoon and early evening. As for the cough, it is bothersome that you feel deep in your chest. Some patients may have no chills or body aches at all. Others may experience milder flu-like chills, fatigue and achy joints and muscles, which can make it difficult to know if it's flu or coronavirus that's to blame. In mild to moderate cases of coronavirus, a loss of smell and taste is emerging as one of the most unusual early signs of Covid-19. For some people, extreme fatigue can be an early sign of the novel coronavirus. Fatigue may continue long after the virus is gone. Anecdotal reports from people who have recovered from Covid-19 say exhaustion and lack of energy continue well past the standard recovery period of a few weeks.

One possible sign that you might have Covid-19 is if your symptoms don't improve after a week or so but actually worsen.

**CORONAVIRUS DISEASE** (2)

**Risk categories**

Older adults and people who have severe underlying medical conditions like heart or lung disease, diabetes or cancer and chronic kidney disease seem to be at higher risk for developing more serious complications from COVID-19 illness.

**Reduce Your Risk of Getting Sick**

There are things you can do to reduce your risk of getting sick and in such a way to protect yourself and others during a COVID-19 outbreak.

The virus is thought to spread mainly from person-to-person. Recent studies indicate that people who are infected but do not have symptoms likely also play a role in the spread of COVID-19. Besides, there is currently no vaccine to prevent coronavirus disease 2019 (COVID-19), that’s why the best way to prevent illness is to avoid being exposed to this virus.

There are the following recommendations:

* Stay at home if possible;
* Wash your hands often and disinfect your home;
* Keep away from people who are sick. Take everyday precautions to keep space between yourself and others (stay 6 feet away, which is about two arm lengths);
* Stock up\* on supplies\*\*; \*готовить запас, \*\*=reserve
* Wear a face mask.

If you are healthy, you only need to wear a mask if you are taking care of a person with suspected COVID -19 infection. Wear a mask if you are coughing or sneezing. Masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water. If you wear a mask, then you must know how to use it and dispose of it properly.

These actions can slow the spread and reduce the impact of disease.