

CORONAVIRUS GUIDANCE:

An individual who graduated with a master's degree and who worked in Shenzhen Hospital (Guangdong Province, China) sent the following notes on Coronavirus for guidance:

1. If you have a runny nose and sputum, you have a common cold
2. Coronavirus pneumonia is a dry cough with no runny nose.
3. This new virus is not heat-resistant and will be killed by a temperature of just 26/27 C degrees. It hates the sun.
4. If someone sneezes with it, it travels about 10 feet before it drops to the ground and is no longer airborne.
5. If it drops on a metal surface it will live for at least 12 hours - so if you come into contact with any metal surface - wash your hands as soon as you can with an antibacterial soap.
6. On fabric it can survive for 6-12 hours. normal laundry detergent will kill it.
7. Drinking warm water is effective for all viruses. Try not to drink liquids with ice.
8. **Wash your hands frequently** as the virus can only live on your hands for 5-10 minutes, but - a lot can happen during that time - you can rub your eyes, pick your nose unwittingly and so on.
9. You should also gargle as a prevention. A simple solution of salt in warm water will suffice.
10. Can't emphasize enough - **drink plenty of water!**

THE SYMPTOMS

1. **It will first infect the throat, so you'll have a sore throat lasting 3/4 days**
2. **The virus then blends into a nasal fluid that enters the trachea and then the lungs, causing pneumonia. This takes about 5/6 days further.**
3. **With the pneumonia comes high fever and difficulty in breathing.**
4. **The nasal congestion is not like the normal kind. You feel like you're drowning. It's imperative you then seek immediate attention.**