**Coronavirus.**

**What Is Coronavirus?**

 Coronaviruses are a type of virus. There are many different kinds, and some cause disease. A coronavirus identified in 2019, has caused a pandemic of respiratory illness, called COVID-19.and has caused millions of deaths around the world as well as lasting health problems in some who have survived the illness. The coronavirus can be spread from person to person. It is diagnosed with a laboratory test.

**Where Did the Coronavirus Come From?**

 The first case of COVID-19 was reported in Dec. 1, 2019, and the cause may have originated in an animal and changed (mutated) so it could cause illness in humans. In the past, several infectious disease outbreaks have been traced to viruses originating in birds, pigs, bats and other animals that mutated to become dangerous to humans. Research continues, and more study may reveal how and why the coronavirus evolved to cause pandemic disease.

**What are signs and symptoms of the coronavirus disease ?**

COVID-19 symptoms include:

* Cough, Fever or chills, Shortness of breath or difficulty breathing, Muscle or body aches, Sore throat, New loss of taste or smell, Diarrhea, Headache, New fatigue, Nausea or vomiting, Congestion or runny nose

Some people infected with the coronavirus have mild COVID-19 illness, and others have no symptoms at all. In some cases, however, COVID-19 can lead to respiratory failure, lasting lung and heart muscle damage, nervous system problems, kidney failure or death.

**How long does it take for symptoms of the coronavirus disease to appear?**

 On average it takes 5–6 days from when someone is infected with the virus for symptoms to show, however it can take up to 14 days.

**How does COVID-19 spread?**

[COVID‑19 transmits](https://en.wikipedia.org/wiki/Transmission_of_COVID-19) when people breathe in air contaminated by droplets and small [airborne](https://en.wikipedia.org/wiki/Airborne_transmission) particles containing the virus. The risk of breathing these in is highest when people are in close proximity, but they can be inhaled over longer distances, particularly indoors. Transmission can also occur if splashed or sprayed with contaminated fluids in the eyes, nose or mouth, and, rarely, via contaminated surfaces. People remain contagious for up to 20 days, and can spread the virus even if they do not develop symptoms

**How to Protect Yourself from COVID-19 ?**

Wear a mask :

Stay 6 feet away from others.

Wash your hands often

Always cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow and do not spit.

Follow recommendations for quarantine

Follow recommendations for isolation