

CORONAVIRUS PREVENTION

How to Keep your Immune System
Strong & Reduce your Risk of
Disease



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Coronavirus Prevention: How to Keep your Immune System Strong & Reduce your Risk of Disease

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Introduction

Prevention of Coronavirus

The novel coronavirus is known officially as SARS-CoV-2. The acronym is the short form for severe acute respiratory syndrome coronavirus 2. This viral infection can cause COVID 19 or coronavirus disease.

The SARS-CoV-2 is connected to the previously recorded Coronavirus SARS-CoV. The Coronavirus SARS-CoV was responsible for a separate coronavirus outbreak between 2002 and 2003. But, more recent information reveals that SARS-CoV-2 is a new form of the virus and never been recorded among previously documented coronaviruses.

Several proofs demonstrate that the SARS-CoV-2 can quickly spread and result in life-threatening sickness in several people. Similar to previous coronaviruses, this strain can linger in the air and on any surface for a long time to infect anybody. Unfortunately, SARS-CoV-2 reproduces rapidly inside the body despite the person not showing any symptoms. Furthermore, the virus can be transmitted despite the person not showing any of the known symptoms.

Several people only get moderate to mild symptoms; then, other people could be prone to extreme COVID-19 symptoms. The following medical facts are meant to help us understand the best way to protect ourselves and others.

Information for preventing Coronavirus

Obey the following guidelines to help protect you from getting infected, carrying, and infecting others with SARS-CoV-2.

1) Carefully and Frequently Wash Your Hands

With soap and warm water, rub the hands together for a minimum of 20 seconds. Ensure you work the soap lather to the wrists, between the fingers, and underneath the fingernails.

An antiviral and antibacterial soap can also be used. If you are not properly washing the hands, make use of hand sanitizer. Wash your hands frequently throughout the day, particularly after touching things such as your laptop or your phone.

2) Do Not Touch Your Face

SARS-CoV-2 can survive on rigid surfaces for close to 3 days. The virus can get on to your hands when you feel surfaces such as doorknobs, cell phones, or a gas pump handle.

You should not touch any part of the face, such as the eyes, nose, and mouth. Furthermore, do not bite your fingernails. When you do this, SARS-CoV-2 can move from the hands and into the body.

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