

**CORONAVIRUS CURRENTLY OCCURS IN STATISTICS AND SIMTOMAS OF THE  
DISEASE**

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**Annotation:** Human coronaviruses are common throughout the world. Some human coronaviruses were identified many years ago and some have been identified recently. Human coronaviruses commonly cause mild to moderate illness in people worldwide. Most people will get infected with one or more of these viruses at some point in their lives. Several human coronaviruses, including **COVID-19**, **MERS-CoV** and **SARS-CoV**, can frequently cause severe illness.

**Key words:** coronaviruses, head ache, COVID-19.

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Respiratory viruses are primarily spread to others by respiratory droplets and aerosols that travel through the air when an infected person breathes, speaks, sings, coughs, or sneezes. They can also be spread by contact - either with the infected person (like kissing or shaking hands), or by touching contaminated surfaces and then touching your mouth, nose, or eyes. These viruses can survive on surfaces for many hours.

Most common human coronaviruses usually cause mild to moderate upper-respiratory tract illnesses, like the common cold. Most people get infected with these viruses at some point in their lives. These illnesses usually only last for a short amount of time. **Symptoms may include:**

- Runny nose
- Headache
- Cough
- Sore throat
- Fever
- A general feeling of being unwell

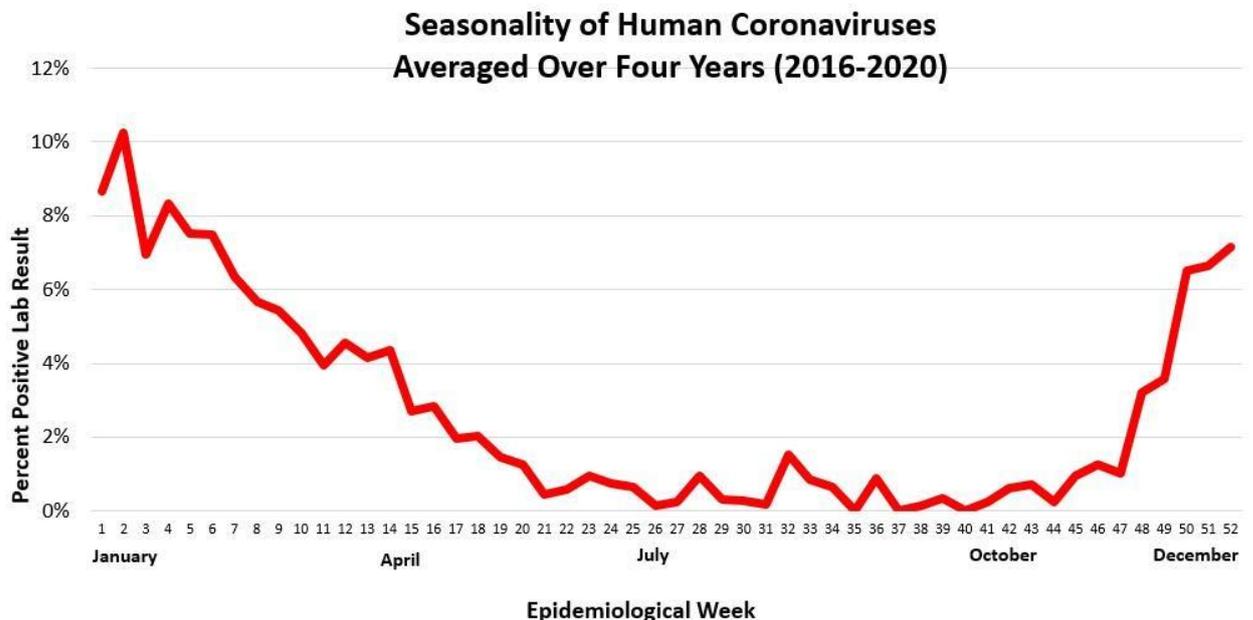
There no specific treatments for illnesses caused by human coronaviruses. Most people will recover on their own. You can relieve your symptoms by:

- Taking pain or fever medications (note: never give aspirin to children)
- Using a room humidifier or taking a hot shower to help ease a sore throat and cough
- Drinking plenty of liquids to stay hydrated
- Staying home and resting

**If you are concerned about your symptoms, contact your health care provider**

- Avoid close contact with sick people.
  - Wash your hands for at least 20 seconds.
  - Avoid touching your face (especially mouth, nose, and eyes).
  - Cover your mouth and nose when coughing or sneezing.
  - Disinfect objects and surfaces regularly (like doorknobs, countertops, and light switches).
- COVID-19 vaccines are effective at preventing serious illness, hospitalization, and death caused by COVID-19. There are no vaccines to protect you against other human coronaviruses.

Human coronaviruses are most common in the winter months – November through April.



As of now, researchers know that the coronavirus is spread through droplets and virus particles released into the air when an infected person breathes, talks, laughs, sings, coughs or sneezes. Larger droplets may fall to the ground in a few seconds, but tiny infectious particles can linger in the air and accumulate in indoor places, especially where many people are gathered and there is poor ventilation. This is why mask-wearing, hand hygiene and physical distancing are essential to preventing COVID-19. The first case of COVID-19 was reported Dec. 1, 2019, and the cause was a then-new coronavirus later named SARS-CoV-2. SARS-CoV-2 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. Symptoms show up in people within two to 14 days of exposure to the virus. A person infected with the coronavirus is contagious to others for up to two days before symptoms appear, and they remain contagious to others for 10 to 20 days, depending upon their immune system and the severity of their illness. 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.

If you have a fever or any of the symptoms listed above, call your doctor or a health care provider and explain your symptoms over the phone before going to the doctor's office, urgent care facility or emergency room. Here are suggestions [if you feel sick and are concerned you might have COVID-19](#).

**SARS** stands for severe acute respiratory syndrome. In 2003, an outbreak of SARS affected people in several countries before ending in 2004. The coronavirus that causes COVID-19 is similar to the one that caused the 2003 SARS outbreak.

Since the 2019 coronavirus is related to the original coronavirus that caused SARS and can also cause severe acute respiratory syndrome, there is "SARS" in its name: SARS-CoV-2. Much is still unknown about these viruses, but SARS-CoV-2 spreads faster and farther than the 2003 SARS-CoV-1 virus. This is likely because of how easily it is transmitted person to person, even from asymptomatic carriers of the virus.

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