



COVID-19

CORONAVIRUS DISEASE 2019



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QUESTIONS AND ANSWERS FOR COVID-19

How does COVID-19 spread?

The virus seems to be transmitted mainly via respiratory droplets that people sneeze, cough, or exhale. It is currently estimated that, on average, one infected person will infect between two and three more. The time between exposure to the virus and onset of symptoms is currently estimated at between two and 14 days. At this stage, we know that the virus can be transmitted when people who are infected show flu-like symptoms such as coughing. There is evidence suggesting that transmission can occur from an infected person with no symptoms.

What are the symptoms of COVID-19 infection?

The virus can cause mild, flu-like symptoms such as **fever, cough, difficulty breathing, muscle pain, tiredness**. More serious cases develop severe pneumonia, acute respiratory distress syndrome, sepsis and septic shock that can lead to death.

Are children also at risk of infection?

Disease in children appears to be relatively rare and mild. Reported symptoms in children include cold-like symptoms, such as fever, runny nose, and cough. However, children need to be protected from infection, as they can transmit the virus more rapidly.

What about pregnant women?

At present, there is no evidence of transmission of COVID-19 from mother to baby occurring during pregnancy. Pregnant women are advised to stay home, avoid public places and gatherings, and to follow the same precautions for the prevention of COVID-19, including regular handwashing, avoiding individuals who are sick, and self-isolating and seeking of medical advice in case of any symptoms.

Should I be concerned about pets or other animals and COVID-19?

There are no reports of pets or other animals becoming sick with COVID-19. At this time, there is no evidence that pets or stray animals can spread COVID-19. However, since animals can spread other diseases to people, it's always a good idea to wash your hands after being around animals.

Are some people more at risk than others?

Elderly people and those with underlying health conditions (e.g. hypertension, diabetes, cardiovascular disease, chronic respiratory disease and cancer) are more at risk of developing severe symptoms.

What if I have symptoms or had been in close contact with someone who has COVID-19?

Seek for medical advice from EODY doctors in your site, stay home, avoid gatherings and close contact with others. Don't visit a doctor or a hospital unless you have severe difficulty in breathing.

Call EODY's hotline **1135** that operates on a 24/7 basis (*they speak Greek and English*).

How long will this outbreak last?

Unfortunately, it is not possible to predict how long the outbreak will last and how the epidemic will unfold. We are dealing with a new virus and therefore a lot of uncertainty remains.

Are there nationalities that are immune to COVID-19?

No. COVID-19 can make anyone sick, regardless of their race or ethnicity.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding gatherings and washing your hands often.

How can protect myself from COVID-19?

- ✓ Wash your hands frequently with soap and water for at least 20 seconds before food and after toilet visits, and careful hand drying with disposable paper towels and disposal in trash cans.
- ✓ Avoid touching eyes, nose and mouth
- ✓ Maintain social distancing; avoid gatherings; avoid shaking hands
- ✓ Keep kids at home and in distance from elderly people
- ✓ Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.