How Does Corona Virus Spread? Some Questions and Answers

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Can the corona virus disease spread through food?

Current evidence on other corona virus strains shows that while corona viruses appear to be stable at low and freezing temperatures for a certain period, food hygiene and good food safety practices can prevent their transmission through food.

Is there asymptomatic transmission of the corona virus disease?

There are few reports of laboratory-confirmed cases that are truly asymptomatic, and to date, there has been no documented asymptomatic transmission. This does not exclude the possibility that it may occur. Asymptomatic cases have been reported as part of contact tracing efforts in some countries. WHO regularly monitors all emerging evidence about this critical topic and will provide an update as more information becomes available.

Can you contract the corona virus disease by touching a surface?

People could catch COVID-19 by touching contaminated surfaces or objects – and then touching their eyes, nose or mouth.

Can the corona virus disease be transmitted in hot or humid climates?

From the evidence so far, the COVID-19 virus can be transmitted in ALL AREAS, including areas with hot and humid weather. Regardless of climate, adopt protective measures if you live in, or travel to an area reporting COVID-19.

Can corona virus spread through mosquito bite?

To date there has been no information or evidence to suggest that the new corona virus could be transmitted by mosquitoes.

Should corona virus disease patients be isolated in hospitals?

WHO advises that all confirmed cases, even mild cases, should be isolated in health facilities, to prevent transmission and provide adequate care. But it is recognize that many countries have already exceeded their capacity to care for mild cases in dedicated health facilities. In that situation, countries should prioritize older patients and those with underlying conditions.

Is smoking a risk-factor for COVID-19?

Smoking is already known to be a risk-factor for many other respiratory infections, including colds, influenza, pneumonia and tuberculosis. The effects of smoking on the respiratory system makes it more likely that smokers contract these diseases, which could be more severe. Smoking is also associated with increased development of acute respiratory distress syndrome, a key complication for severe cases of COVID-19, among people with severe respiratory infections.

How can I protect myself and others when using disinfectants?

Disinfectant solutions should always be prepared in well-ventilated areas. Wash your hands after using any disinfectant, including surface wipes. Keep lids tightly closed when not in use. Spills and accidents are more likely to happen when containers are open. Do not allow children to use disinfectant wipes. Keep cleaning fluids and disinfectants out of the reach of children and pets. Throw away disposable items like gloves and masks if they are used during cleaning. Do not clean and re-use. Do not use disinfectants wipes to clean hands or as baby wipes.

Can I breastfeed my child if I am severely ill with corona virus disease?

If you are severely ill with COVID-19 or suffer from other complications that prevent you from caring for your infant or continuing direct breastfeeding, express milk to safely provide breast milk to your infant. If you are too unwell to breastfeed or express breast milk, you should explore the possibility of relactation (restarting breastfeeding after a gap), wet nursing (another woman breastfeeding or caring for your child), or using donor human milk.

Does heat kill the corona virus?

Heat at 56°C kills the SARS corona virus at around 10000 units per 15 min (quick reduction).

How can one prevent the spread of COVID-19?

The best way to prevent and slow down transmission is be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing your hands or using an alcohol based rub frequently and not touching your face. The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it's important that you also practice respiratory etiquette (for example, by coughing into a flexed elbow).

Do vaccines against pneumonia protect against the corona virus disease?

No. Vaccines against pneumonia, such as pneumococcal vaccine and Hemophilus influenza type B (Hib) vaccine, do not provide protection against the new corona virus. The virus is so new and different that it needs its own vaccine. Researchers are trying to develop a vaccine against 2019-nCoV, and WHO is supporting their efforts.

Although these vaccines are not effective against 2019-nCoV, vaccination against respiratory illnesses is highly recommended to protect your health.

Can I get the corona virus disease from swimming in a swimming pool?

Swimming in a well-maintained, properly chlorinated pool is safe. However, it is advisable to stay away from al crowded areas including crowded swimming pools. Keep 1 metre distance from people who sneeze or cough even in a swimming area.

Does drinking lots of water help flush out COVID-19?

There is no evidence that drinking lots of water flushes out the new corona virus or the stomach acid kills the virus. However, for good health in general, it is recommended that people should have adequate water every day for good health and to prevent dehydration.

Can drinking alcohol help in preventing COVID-19?

Alcohol does not protect against COVID-19; access should be restricted during lockdown.

Should I wear a mask during the corona virus disease pandemic?

In some countries masks are worn in accordance with local customs or in accordance with advice by national authorities in the context of COVID-19. In these situations, best practices should be followed about how to wear, remove, and dispose of them and for hand hygiene after removal. Advice to decision makers on the use of masks for healthy people in community settings As described above, the wide use of masks by healthy people in the community setting is not supported by current evidence and carries uncertainties and critical risks.

What are some good foods to eat during the COVID-19 pandemic?

You should eat a variety of fresh and unprocessed foods every day to get the vitamins, minerals, dietary fiber, protein and antioxidants your body needs. Drink enough water. Eat fruits, vegetables, legumes (e.g. lentils, beans), nuts and whole grains (e.g. unprocessed maize, millet, oats, wheat, brown rice or starchy tubers or roots such as potato, yam, taro or cassava), and foods from animal sources (e.g. meat, fish, eggs and milk). For snacks, choose raw vegetables and fresh fruit rather than foods that are high in sugar, fat or salt.

Can corona virus disease spread through food?

To date, there have not been any reports of transmission of SARS-CoV-2 virus through food.

Can the corona virus disease spread through feces?

The risk of catching the COVID-19 virus from the faces of an infected person appears to be low. There is some evidence that the COVID-19 virus may lead to intestinal infection and be present in faces. Approximately 2−10% of cases of confirmed COVID-19 disease presented with diarrhea (2−4), and two studies detected COVID-19 viral RNA fragments in the fecal matter of COVID-19 patients. However, to date only one study has cultured the COVID-19 virus from a single stool specimen. There have been no reports of fecal−oral transmission of the COVID-19 virus.

Can flies transmit the corona virus disease?

COVID-19 IS NOT transmitted through houseflies. To date, there is no evidence or information to suggest that the COVID-19 virus transmitted through houseflies. The virus that cause COVID-19 spreads primarily through droplets generated when an infected person coughs sneezes or speaks.

Can the corona viruses be transmitted between animals and people?

Corona viruses are zoonotic, meaning they are transmitted between animals and people. Detailed investigations found that SARS-CoV was transmitted from civet cats to humans and MERS-CoV from dromedary camels to humans. Several known corona viruses are circulating in animals that have not yet infected humans. Common signs of infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

Can people be immune to the new corona virus?

Viruses that spread quickly usually come with lower mortality rates and vice versa. As the virus is an entirely new strain, it is believed that there is no existing immunity in anyone it will encounter. Some level of immunity will naturally develop over time, but this means that those with compromised immune systems, such as the elderly or sick, are most at risk of becoming severely ill or dying from the corona virus.

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Reference: http://www.who.int>coronaviruse