

Information on the 2019 Novel Coronavirus

This is the name of the new virus that has been traced to a place called Wuhan in China. The biological name of the virus is COVID-19.

A Coronavirus is from the same family of viruses as SARS and the common cold. This article provides some sources of information that readers can access to educate themselves and answer some questions they may have.

The References below are helpful and they have been carefully selected to provide authoritative and useful information:

Reference 1: The **Centers for Disease Control and Prevention (CDC)** in the U.S.A. has provided succinct and useful [information on their website which is frequently updated](#). This information is valuable as a ready reference with simple and accurate answers to frequently asked questions.

Reference 2: Basic good hygiene practices as recommended in the [CDC guidelines](#).

1. If you are sick, stay home, be vigilant to the symptoms of COVID-19 such as fever and cough.

It is best not to attend your Sai Center, Sai Center regional events, or Sai Service Projects when you are sick or not feeling well.

2. If you are sick, please wear a face mask when you are around other people or pets.

3. Be Safe and Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.

4. Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

5. Cover your cough or sneeze with a tissue, then throw the tissue in the trash. Or, if tissue is not available, cover with your elbow. Avoid touching your eyes, nose, and mouth. Avoid close contact with people who are sick.

6. Try to avoid international or long-distance travel while the **World Health Organization** (WHO) or CDC have active travel warnings and avoid large gatherings or congregations if possible.

Reference 3: [Questions and Answers](#) from the **World Health Organization** - This article provides some answers to common questions on COVID-19 and is a good place to start.

Reference 4: [Video interview Q and A along with authoritative articles](#) in the respected medical publication **Journal of the American Medical Association**. This Q and A video provides important information in addition to that from the World Health Organization in Reference 1 above.

Reference 5: [This article from the respected medical journal The Lancet](#) describes some of the most common symptoms when infected with this virus. The most common symptoms were fever, cough, fatigue/body ache and shortness of breath. These usually are followed by pneumonia. Less common symptoms were sputum production, headache, and diarrhea.

Reference 6: The **World Health Organization** also [recommends several measures](#) to prevent the spread of this infection. It is important to follow these preventive measures.

Reference 7: [The following article](#) from the **World Health Organization** gives detailed descriptions of safety measures in various settings such as travel, shopping and at home.

Reference 8: The latest information across the world on COVID-19 is [updated daily and presented in this source](#). There are several articles here some of which are easy to read and some of which are technical.

Reference 9: [This reference provides guidelines for healthcare providers](#) when they see a patient suspected of COVID-19 infection. The guidelines are given by the **Centers for Disease Control** in the U.S.A.

Reference 10: [The set of articles in this reference](#) are useful for healthcare providers and updates the provider with current information.

Reference 11: [This provides a set of articles](#) from reputed journals and the **National Institutes of Health** that discuss various advances and current research on treatment options for COVID-19 infections. Some of the medications are being tested.

The most important steps one can take are steps to prevent the infection in oneself by following recommendations in the references above AND by assiduously taking steps to prevent the spread of the virus.