



Covid 19 Employee Safety Induction

Lesson 1: Covid 19 Background and Symptoms

Introduction

Hello and welcome to this lesson entitled "Covid-19 Background and Symptoms."

In this lesson we will examine:

- What the Covid-19 virus is
- We will look at the effects of the virus on humans.
- We will examine how the virus spreads and finally
- We will look at the most common symptoms of the virus.

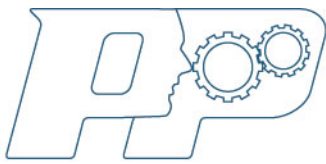
What is Covid-19

A virus is a microscopic organism that can replicate only inside the cells of a host organism. Viruses infect all types of organisms, including humans, animals and plants. Some Human diseases caused by viruses include chickenpox, AIDS, Ebola, avian flu, cold sores, and the common cold.

- Coronaviruses are a large family of viruses which can cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

The most recently discovered coronavirus Novel Coronavirus, causes coronavirus disease COVID-19.

COVID-19 is the infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019. COVID-19 is now a pandemic affecting many countries globally.



The Effects of Covid-19

Covid-19 is mainly a respiratory disease that attacks the lungs, making it harder for patients to breathe and get enough oxygen to the rest of the body. Pneumonia and other respiratory conditions can quickly set in, eventually leading to death if the body cannot fight off the infection.

The disease can also lead to increased stress and damage to the heart due to lack of oxygen provided by the lungs. There is also potential for blood clots to be formed damaging other organs in the body.

Older people, and those with underlying medical problems like high blood pressure, heart and lung problems, diabetes, or cancer, are at higher risk of developing serious illness

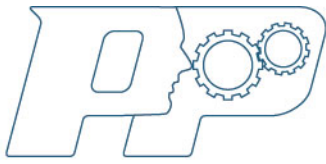
How Covid-19 Spreads

The disease spreads primarily from person to person through small droplets from the nose or mouth, which are expelled when a person with COVID-19 coughs, sneezes, or speaks. These droplets are relatively heavy, so they do not travel far, and quickly sink to the ground. People can catch COVID-19 if they breathe in these droplets from a person infected with the virus.

This is why it is important not to come into close contact with someone who has the virus and is coughing or sneezing. Close contact can mean more than 15 minutes face-to-face contact within 2metres of an infected person

The droplets coughed or sneezed by an infected person can land on objects and surfaces around the person such as tables, doorknobs and handrails.

People can become infected-by touching these objects or surfaces, then touching their eyes, nose or mouth. This is why it is important to avoid touching these surfaces and to wash your hands regularly with soap and water or clean with alcohol-based hand rub.



The Symptoms of Covid-19

The most common symptoms of COVID-19 are:

Fever – with a temperature exceeding 38degC

A dry cough

Shortness of breath

Fatigue

Other symptoms that are less common and may affect some patients include:

aches and pains,

nasal congestion,

headache,

conjunctivitis,

sore throat,

diarrhoea,

loss of taste or smell

or a rash on skin

or discoloration of fingers or toes.

These symptoms are usually mild and begin gradually. Some people become infected but only have very mild symptoms.

Symptoms usually begin 2 to 14 days after you come into contact with the virus.

Summary

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- We looked at the effects of the virus on humans.
- We examined how the virus spreads and finally
- We looked at the most common symptoms of the virus.