

Wuhan Coronavirus

The Wuhan Coronavirus is creating international concern – what are the facts about it?

What is Coronavirus?

- Coronavirus is group of viruses that infect humans and animals. They are common and get their name from the crown-like projections on their surface.

What Makes the Coronavirus from Wuhan Important?

- The coronavirus from Wuhan is a new coronavirus that hasn't been seen before. It was first reported by the Chinese authorities in 2019.

Where Did Come From and How is it Spread?

- Initially the victims of the virus had links with fish or animal markets and it was believed that the virus came from seafood or animals. It now appears that person to person infection is occurring which indicates the virus has changed, or mutated, to allow this to occur. We have seen this occur previously with SARS and MERS.
- The exact way the Wuhan coronavirus is spreading between people isn't known but it is possible that it is from respiratory droplets – such as when a person coughs or sneezes – this is also how MERS and SARS spread.

How Easy is it to Catch the Wuhan Coronavirus?

- It is not yet known how contagious the Wuhan Coronavirus is but it appears that it isn't contagious until the symptoms actually appear.

What are the Symptoms of the Wuhan Coronavirus?

- The Wuhan Coronavirus is similar to other respiratory viruses: sore throat, dry cough, fever, shortness of breath and breathing difficulties, fatigue and tiredness. People may feel mildly unwell or very, very sick. The symptoms are similar to the flu currently circulating in Australia.

Is the Wuhan Coronavirus Deadly?

- It can be. So far the reported death rate is about 5%. This is actually less than SARS.

How can You Prevent the Wuhan Coronavirus?

- At the moment, prevention is pretty much the same as for any respiratory virus: wash your hands (a lot), avoid contact with people who are coughing or sneezing and cover your mouth and nose if you are coughing or sneezing.
- If you think you have a virus – Wuhan Coronavirus or other – wear a facemask. Facemasks don't provide much protection if you don't have the virus.
- There is no vaccine to protect people from Wuhan Coronavirus yet.

Who is Most at Risk of Getting the Virus?

- Older people, people who have an underlying medical condition such as diabetes and people with a respiratory problem have a slightly higher risk of getting the virus – but this is similar to any respiratory virus.

Should We be Worried About Catching Wuhan Coronavirus?

- Not overly. At the moment, all of the people who have been diagnosed with it have recently been in China. However, as the Wuhan Coronavirus has a week incubation period before the symptoms develop, undetected cases of the virus may be in Australia.

[Phoenix Centre for Acupuncture and Holistic Health](#)

[706 Sturt Street, Ballarat](#)

[Telephone: 0487 152 507](#)