



INFORMATION ON CORONAVIRUS

MARCH 9, 2020

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Objective

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In view of the growing concern about the outbreak of coronavirus in China, which has spread to other countries, including Spain, Universidad Europea has written the following statement in order to **inform** workers and students **about this new risk and the preventive measures** to take in order to minimize exposure.

Context: What is a coronavirus?

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Coronaviruses are a large family of viruses that usually affect only animals. In **December 2019** in Wuhan City, China, a new strain of coronavirus was detected **for the first time** that had not been previously identified in humans.

Coronaviruses produce clinical features ranging from the common cold to more serious illnesses such as pneumonia.

Current situation

March/09/2020

You can get updated information at the following link:

<https://www.mscbs.gob.es/profesionales/saludPublica/ccayes/alertasActual/nCov-China/situacionActual.htm>

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How to avoid catching it



Close contact:

It is transmitted by **close contact with respiratory fluids** resulting from a sick person's cough or sneeze. Its level of contagiousness depends on the amount of virus in an affected person's airways. **These fluids would infect another person if they came in contact with their nose, eyes, or mouth.** With current knowledge, health authorities indicate that airborne transmission over distances greater than one meter to people with respiratory symptoms seems unlikely.



Risk areas:

Cases of transmission have been detected in healthy people who have been in high-risk areas. See updated areas via this link:

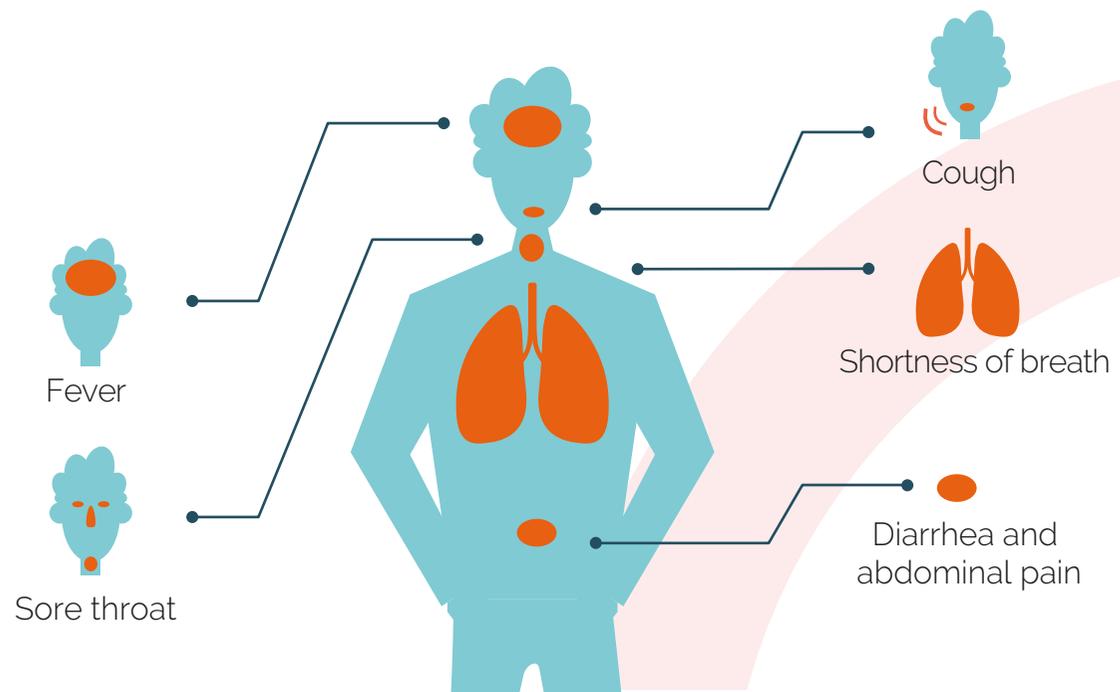
<https://www.mscbs.gob.es/profesionales/saludPublica/ccayes/alertasActual/nCov-China/areas.htm>

Symptoms

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The most common symptoms include **fever, cough, and shortness of breath**. In some cases there may also be digestive symptoms such as diarrhea and abdominal pain.

According to current data, the incubation period can vary between **2 and 14 days**.



What to do if you have symptoms?

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- **People with symptoms who have traveled to risk areas in the last 14 days or have been in contact with people who are confirmed cases:**

People who have respiratory symptoms (fever, cough and shortness of breath) and have recently (in the previous 14 days) been in a risk area or have had close contact with a person who is a confirmed case, **should stay at home and contact the health services by phone on 112 or 061**. The health services will assess your health status and travel history as well as possible contact with cases of coronavirus. Immediately afterwards, you must also contact Universidad Europea's medical service.

- **People with cold symptoms who have not been in a risk area and have not come into contact with anyone who has tested positive for coronavirus:**

Contact Universidad Europea's medical service either in person or by phone.

Universidad Europea would like to emphasize that **the medical service is at your complete disposal** for any questions you may have. It is managed by Jorge Cordero. You can contact him by phone **682 782 322** (available 24 hours a day) or email: servicio.medico@universidadeuropea.es

General recommendations for personal protection



Avoid close contact: if respiratory symptoms develop, maintain a distance of at least 1 meter from other people and do not share personal belongings.



Wash your hands frequently: between 40-60 seconds with soap and water or hydroalcoholic solutions, especially after direct contact with sick people or their surroundings. (See guide on how to wash your hands on the next page)



When coughing or sneezing, cover your mouth and nose with your inner elbow. Use tissues and throw them away after use. Avoid touching your eyes, nose and mouth, as our hands make transmission easier.



Maintain social distance: avoid handshakes, kisses, hugs, etc.



Pregnant, immunosuppressed, and people with heart disease or diabetes should take extreme hygiene measures and avoid contact with anyone with respiratory symptoms.



Travel to affected areas is not recommended unless strictly necessary. The World Health Organization updates its recommendations to travelers everyday. (See link on last page)



Should I wear a facemask to protect myself? The general healthy population does not need to wear facemasks. Facemasks help prevent the transmission of the virus if worn by people who are sick. Healthcare professionals will indicate whether facemasks should be used in those situations where it is deemed necessary.



How to wash your hands



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www.msbs.gob.es

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More information from official sources

7 Here are some **links of interest**, in addition to the telephone numbers set up to provide general information on coronavirus:

- **900 102 112** Madrid Community
- **900 300 555** Valencia Community
- **900 112 061** Canary Islands Community

- + **Spanish Ministry of Health website** with regular updates on the situation:
<https://www.mscbs.gob.es/>
- + **Q&A for citizens:**
<https://www.mscbs.gob.es/profesionales/saludPublica/ccayes/alertasActual/nCov-China/ciudadania.htm>
- + **World Health Organization coronavirus website:**
<https://www.who.int/health-topics/coronavirus>
- + **World Health Organization advice for international travel:**
<https://www.who.int/news-room/articles-detail/updated-who-recommendations-for-international-traffic-in-relation-to-covid-19-outbreak/>