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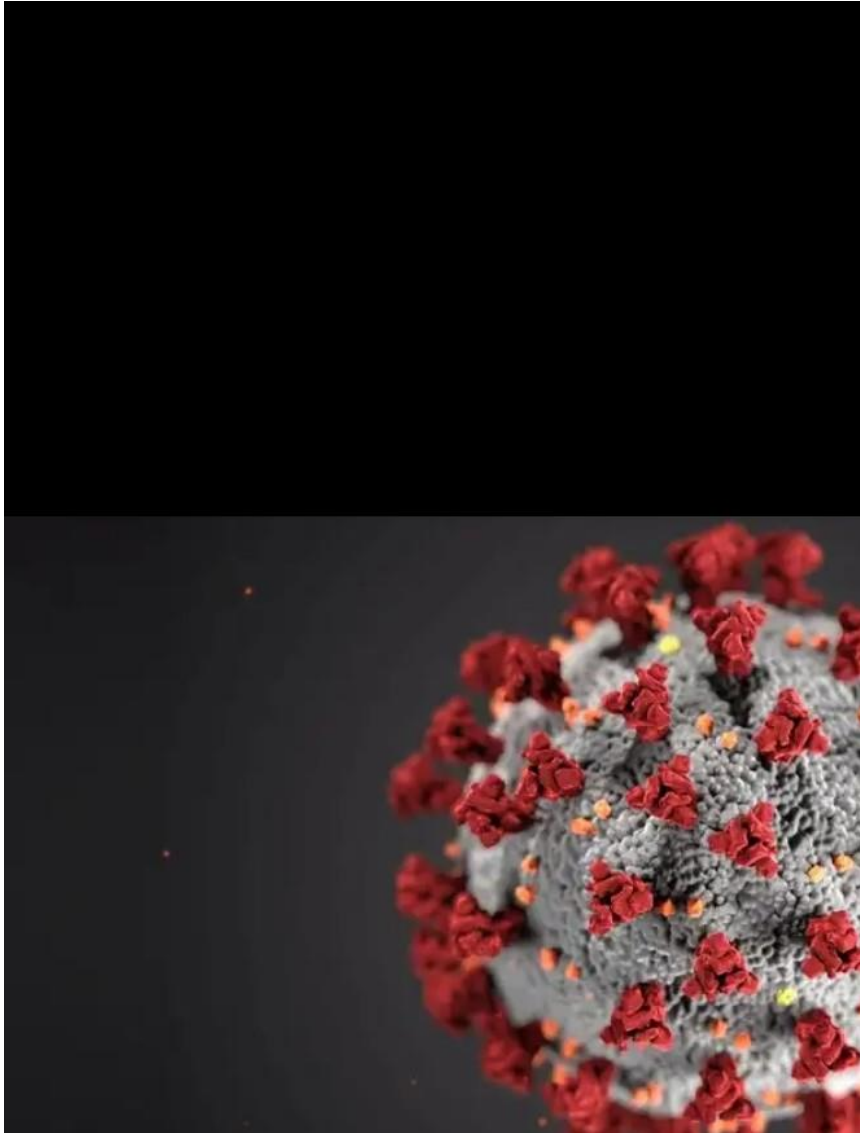
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ARTICLE ON CORONA VIRUS

CORONA VIRUS

In early 2020, a new virus began generating headlines all over the world because of the unprecedented speed of its transmission. From its origin in a food market in Wuhan, China, in December 2019 to countries as far-flung as the United States and the Philippines, the virus (officially named SARS-CoV-2) has affected hundreds of thousands, with a rising death toll now over 17,000. The disease caused by an infection with SARS-CoV-2 is called COVID-19, which stands for coronavirus 2019. In spite of the global panic in the news about this virus, you're unlikely to contract SARS-CoV-2 unless you've been in contact with someone who has a SARS-CoV-2 infection. Previous coronavirus outbreaks include Middle East respiratory syndrome (MERS), first reported in Saudi Arabia in September 2012, and severe acute respiratory problem.

As of 31 March 2020, there were 750,890 laboratory-confirmed cases of coronavirus disease 2019 (COVID-19) infection, with 36,405 reported deaths. The number of cases and deaths outside China overtook those within the country on 16 March, 2020. As of 9am on 31 March 2020, there were 25,150 confirmed cases of the virus in the UK and, as of 5pm on 30 March 2020, there were 1,789 deaths.



WHAT ARE THE SYMPTOMS?

Doctors are learning new things about this virus everyday.so far,we know that COVID-19 may not initially cause any symptoms for some people.You may carry the virus for 2 days or up to 2 weeks before you notice symptoms.

Some common symptoms that have been specifically linked to COVID-19 include;

- *shortness of breath
- *having a cough that gets more severe over time
- *a low-grade fever that gradually increases in temperature

These symptoms may become more severe in some people. call emergency medical services if you or someone you care for have any of the following symptoms;

- *trouble breathing
- *blue lips or face
- *persistent pain or pressure in the chest
- *excessive drowsiness

The full list of symptoms is still being investigated.

WHAT CAUSES CORONAVIRUSES?

Coronaviruses are zoonotic. This means they first develop in animals before developing in humans. For the virus to pass from animal to humans, a person has to come into close contact with an animal that carries the infection. Once the virus develops in people, coronaviruses can be spread from person to person through respiratory droplets. This is a technical name for the wet stuff that moves through the air when you cough or sneeze. The viral material hangs out in these droplets and can be breathed into the respiratory tract (your windpipe and lungs), where the virus can then lead to an infection.

Researchers believe that the virus may have been passed from bats to another animal—either snakes or pangolins—and then transmitted to humans. This transmission likely occurred in the open food market in Wuhan, China.

Who's at increased risk?

You're at high risk for contracting SARS-CoV-2 if you come into contact with someone who's carrying it, especially if you've been exposed to their saliva or been near them when they've coughed or sneezed. Without taking proper prevention measures, you're also at high risk if you:

- *live with someone who has contracted the virus
- *are providing home care for someone who has contracted the virus
- *have an intimate partner who has contracted the virus

Older people and people with certain health conditions have a higher risk for severe complications if they contract the virus. These health conditions include:

- *lungs conditions, such as COPD and asthma
- *certain heart conditions
- *immune system conditions, such as HIV
- *cancer that requires treatment
- *severe obesity

What treatments are available?

There's currently no treatment specifically approved for COVID-19, and no cure for an infection, although treatments and vaccines are currently under study. Instead, treatment focuses on managing symptoms as the virus runs its course. Seek immediate medical help if you think you have COVID-19. Your doctor will recommend treatment for any symptoms or complications that develop.

Other coronaviruses like SARS and MERS are also treated by managing symptoms. In some cases, experimental treatments are tested to see how effective they are:

- *antiviral or retroviral medications
- *breathing support, such as mechanical ventilation
- *steroids to reduce lung swellings
- *blood plasma transfusions

How to prevent coronaviruses

The best way to prevent the spread of infection is to avoid or limit contact with people who are showing symptoms of COVID-19 or any respiratory infection. The next best thing is to practice good hygiene and social distancing to prevent bacteria and viruses from spreading.

PREVENTION TIPS

- 1 Wash your hands frequently for at least 20 seconds at a time with warm and soap. How long is 20 seconds? About as long as it takes to sing your ABCs"
- 2 Don't touch your face, eyes, nose, or mouth when your hands are dirty.
- 3 Don't go out if you're feeling sick or have any cold or flu symptoms.
- 4 Stay at least 3 feet (1 meter) away from anyone who is coughing or sneezing.
- 5 Cover your mouth with the inside of your elbow whenever you sneeze or cough. Throw away any tissues you use right away.
- 6 Clean any objects you touch a lot. Use disinfectants on objects like phones, computers, utensils, dishes, and doorknobs.

HANDWASHING IS KEY

Washing your hands and disinfecting surfaces can help decrease your risk for catching this and other viruses.

STAY AT HOME!!!!!!!!!!!!!!