

What is Coronavirus?

Coronaviruses are a large family of viruses known to cause illnesses ranging from the common cold to more serious diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

They are positive-stranded RNA viruses with a corona-like appearance under an electron microscope.

Coronaviruses were identified in the mid-1960s and are known to infect humans and some animals (including birds and mammals). The primary target cells are the epithelial cells of the respiratory and gastrointestinal tracts.

The virus causing the current coronavirus epidemic has been named 'Severe Acute Respiratory Syndrome-CoronaVirus-2' (SARS-CoV-2). According to this pool of scientists, the new coronavirus is a sibling of the one that caused SARS (SARS-CoVs), hence the chosen name of SARS-CoV-2.

The disease caused by the new coronavirus has a name: 'COVID-19' (where 'CO' stands for corona, 'VI' for virus, 'D' for disease and '19' indicates the year in which it occurred).

The most common symptoms of Covid-19 are fever, fatigue and a dry cough. Some patients may experience muscle soreness and pain, nasal congestion, runny nose, sore throat or diarrhoea. These symptoms are usually mild and start gradually. In severe cases, the infection can cause

pneumonia, severe acute respiratory syndrome, kidney failure and even death.

Anosmia/hyposmia (loss/diminished sense of smell), and in some cases ageusia (loss of taste) have been reported as symptoms related to Covid-19 infection.

Some people become infected but do not develop any symptoms. Generally, symptoms are mild, especially in children and young adults, and slow-onset.

How the Coronavirus is transmitted

Coronavirus is transmitted from PERSON TO PERSON through close contact.

The new Coronavirus is a respiratory virus that is spread primarily through close contact with a sick person. The primary route is via the breath droplets of infected persons, for example:

- saliva, coughing and sneezing;
- direct personal contact;
- hands, e.g. by touching the mouth, nose or eyes with contaminated (unwashed) hands.

In rare cases, contagion can occur through faecal contamination. Respiratory diseases are not normally passed on through food, but food should be handled in accordance with good hygiene practices and contact between raw and cooked food should be avoided.

What is close contact?

Close contact with a COVID-19 positive person is defined:

- a person living in the same house;
- a person who has had direct physical contact (e.g. shaking hands);
- a person who has had unprotected direct contact with secretions (e.g. touching used paper handkerchiefs with bare hands);
- a person who has had direct (face-to-face) contact at a distance of less than 2 metres and a duration of more than 15 minutes;
- a person who has been in an enclosed environment (e.g. classroom, meeting room, hospital waiting room);
- a healthcare worker or laboratory personnel handling samples of a COVID-19 case;
- a person who has travelled seated in a train, aeroplane or any other means of transport within two adjacent seats, in any direction.

What to do if a user presents symptoms?

Should a subject be accused:

- Flu symptoms;
- Temperature above 37.5 °C;

Immediately inform *The Key of Rome* company, which will activate the required procedures.

This booklet has been prepared in order to unambiguously indicate the preventive and protective measures useful for reducing the biological risk from Covid-19, adopted as a protocol by The Key To Rome company.

- Before starting any activity, measure your fever and, if it is 37.5 °C or higher, stay indoors and call your doctor;
- It is forbidden to go to the meeting point if you have had close contact with positive persons in the last 14 days or if you have travelled to areas at risk;
- To get to the meeting point, avoid crowded means of transport and preferably use your own car. If you decide to use public transport, wear a protective mask;
- Avoid car pooling or, if strictly necessary, keep a distance of 1 metre and the use of masks is mandatory for all occupants. Do not use air recirculation but lower the windows;
- Avoid any form of congregation, but always maintain a distance of at least 1 metre from other people;
- Go to appointments at the agreed times, decided in order to avoid excessive crowding at entrances and common areas;
- Disinfect hands frequently and avoid any contact with nose, eyes and mouth;
- Always wear PPE, both outdoors and in confined spaces;

- When using the toilets, wash your hands before and after. The paper used to dry your hands must be thrown in the rubbish and not in the toilet;
- Respect the instructions you will receive at the meeting place from the staff in charge;
- Avoid handshakes and hugs.

How to put the mask on:

- the use of a mask (surgical or protective FFP2/3) is always mandatory unless the user is in a room in complete isolation from other people;
- the use of so-called community masks other than certified surgical or protective masks is prohibited;
- before putting on the mask, wash your hands with soap and water or an alcohol solution;
- cover your mouth and nose with the mask, ensuring that it is intact and adheres well to your face;
- avoid touching the mask while wearing it; if you do touch it, wash your hands;
- when it becomes wet, replace it with a new one and do not reuse it; as disposable masks
- remove the mask by taking it from the elastic band and not touching the front of the mask and immediately discard it in a closed bag and wash your hands

Coronavirus what it is and how to deal with it



www.thekeytorome.it



www.centromedicinaoccupazionale.it