



And whoso saveth the life of one, it shall be as if he had saved the life of all mankind...

Quran 5:32

IMAMIA MEDICS INTERNATIONAL

In Special Consultative Status with United Nations

Official Statement by IMI on: COVID-19 (Coronavirus)

The novel CoronaVirus, now named COVID-19 was first identified in Wuhan Province in China but has been reported by WHO in cases of respiratory disease in 59 countries with the highest incident rates occurring in South Korea, Italy, Iran and Japan. Other affected countries include Pakistan, UAE, UK and the United States with the whole list included at the end of document.#

Symptoms that people can experience:

- Dry cough
- Shortness of breath
- Fever
- Myalgias
- Nausea
- Vomiting
- Diarrhea
- Abdominal pain
- Headaches

They tend to appear 2-14 days after exposure. Susceptible groups like the elderly (>65 y/o), the young (<3 y/o), pregnant women, long term smokers, and COPD patients are at the risk of more severe symptoms like pneumonia, acute respiratory distress and kidney failure. However, it is important to remember that the fatality rate of COVID-19 is less than that of other recent epidemics. The overall death rate of COVID-19 is an estimated 2% and the average age of death among those with COVID-19 is in the 70s. To put this into perspective, the death rate was about 34% for MERS, 10% for SARS, and almost 10% for the influenza cold.

The virus is thought to spread person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. While there may be gastrointestinal symptoms, it is not thought to be spread by food or through the feco-oral route. However, the source of the Coronavirus has been linked to the animal markets found in the Wuhan province in China. It is thought that a mutated version of this virus was consumed by customers which led to the current epidemic. The animal thought to be responsible for hosting this mutated virus is the pangolin which is consumed on a wide basis in China. While there are other sources claiming the original source to be bats, the source has yet to be confirmed.

Doctors, nurses and dentists are always at high risk of contracting respiratory viruses and should take protective measures against COVID-19 as well. These include using a face mask, preferably with an eye shield, hand washing with soap and water, before and after patient contact and to use an alcohol scrub if soap and water are not available.

General public also has a role to play to protect themselves, their families and to minimize the spread of this infection.

These are the following ways they can prevent transmission as per the CDC:

1. Avoid close contact with people who appear ill or have flu-like symptoms. For those who are experiencing these symptoms, please report to a nearby hospital with detailed travel and contact history.
2. Avoid public transport and crowded areas as much as you can.
3. Frequently clean hands by using alcohol-based-rub (20-30 seconds) when hands are not visibly soiled or soap and water (40-60 seconds) when visibly soiled. All the areas of the hands (nails, between the fingers, wrists) should be covered.
4. Consumption of raw or undercooked eggs and meat should be avoided along with direct contact with live animals. Raw meat should be handled with care to prevent cross contamination.
5. Try and prevent travel to any region or country which has endemic rates of the virus.
6. Carry sanitary wipes to clean any door knobs, handles or cell phones one may come across.

The Centers for Disease Control in US advises people who do not have respiratory symptoms such as coughing or sneezing to not wear a face mask. They are advised to cover their nose and mouth if they occasionally cough or sneeze with a tissue paper and to dispose of it in the trash.

Wearing a face mask may give a false sense of security, as the virus can enter through eyes or be transmitted to the nose, mouth or eyes by contaminated hands.

Religious sites like Makkah and Madinah have already implemented a temporary restriction on all Umrah visas as these places attract people from all over the world. All the pilgrims intending to go for Ziarat for all the holy places (Mashaad and Qom) in Iran will need to reschedule their travel plans due to restrictions from Iranian government too.

Ways to prevent spread in local community centers and other public places with social gatherings:

1. Put up sanitizers in the centers for public use
2. Avoid going to these public places if you're feeling under the weather or experiencing any flu-like symptoms
3. Wear masks or use tissues/handkerchiefs to prevent spread of droplets if you cough or sneeze.
4. Regular hand washing especially after meeting other people.
5. Keep a distance of at least 1 foot from your fellows.\

Specific ways one can protect themselves in daily work and school life:

1. Try to get as much work done from home if there are reported cases in your vicinity.
2. Parents should encourage schools to provide more homework over online courses so less time is spent in classrooms where disease risk could be greater
3. Avoid public transport where overcrowding and close contact can facilitate the spread of the disease
4. Avoid touching public surfaces
5. Keep your workspace clean and sanitized with Antiseptic wipes

For more information, please go to the following links:

- [New York Times Coronavirus live updates](#)
- [Coronavirus \(COVID-2019\): Guidance for meeting participants at UNHQ](#)
- [Coronavirus \(COVID-2019\): Brochure: Prevention](#)
- [Coronavirus \(COVID-2019\): Brochure: Handrub and cough](#)
- [Center of Disease Control Coronavirus Information](#)
- [NYC Health Coronavirus Information](#)
- [Read the basic facts you need to know about the virus \(figures correct as of February 3 2020\) here.](#)
- [Situation Report - 14](#)
- [Myth busters](#)

Comparative analysis of multiple 21st century epidemics

	Wuhan coronavirus (2019-nCoV)	Middle East respiratory syndrome (MERS)	Severe acute respiratory syndrome (SARS)	Common cold caused by coronavirus
Origin	First reported in December 2019 in Wuhan, China.	First reported in 2012 in Saudi Arabia.	First reported in 2002 in southern China.	Four coronavirus strains are thought to be responsible for 15-30% of common colds.
Transmission	Likely from touching or eating an infected, as yet unidentified animal. Human-to-human transmission occurs through close contact.	Often from touching infected camels or consuming their milk or meat. Limited transmission between humans through close contact.	Believed to have spread from bats, which infected civets. Transmitted mainly between humans through close contact.	Close contact with infected humans or touching a surface that carries the virus.
Cases	Around 500 confirmed; 17 deaths as of Jan. 22. Some victims were older males with preexisting conditions.	2,494 confirmed cases; 858 deaths (as of Nov. 30, 2019). Mortality rate of 34%.	8,098 cases; 774 deaths. Mortality rate of about 10%.	Millions each year. Generally nonlethal with rare exceptions.
Current status	Cases reported mainly in Wuhan, as well as other parts of China and Asia. One case reported in U.S.	All cases linked to Arabian Peninsula, with 80% in Saudi Arabia. Others in about two dozen countries, including U.S. Cases and deaths have been declining since 2016.	No new cases reported since 2004. 87% of previous cases in China and Hong Kong.	Circulates year-round, but more common in fall/winter.

Notes

Cases as of Jan. 22.

Source: World Health Organization, U.S. Centers for Disease Control and Prevention, and Wuhan Municipal Health Commission

Credit: Daniel Wood/NPR

*Countries affected:

China, Hong Kong, Macau, Taiwan, Afghanistan, Algeria, Australia, Austria, Bahrain, Belarus, Belgium, Brazil, Cambodia, Canada, Croatia, Denmark, Estonia, Egypt, Finland, France, Georgia, Germany, Greece, India, Iran, Iraq, Israel, Italy, Japan, Kuwait, Lebanon, Lithuania, Malaysia, Mexico, Nepal, Netherlands, New Zealand, Nigeria, North Macedonia, Norway, Oman, Pakistan, Philippines, Romania, Russia, San Marino, Singapore, Spain, Sri Lanka, Sweden, Switzerland, Thailand, The Republic of Korea, United Arab Emirates, United Kingdom, United States, Vietnam