

# EXPERIMENT: 12



**Centurion**  
**UNIVERSITY**

*Shaping Lives...*  
*Empowering Communities...*

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**AIM OF THE EXPERIMENT:** Health Communication: communicable diseases, their signs and symptoms, and prevention.(SARS-COV-19)

**REQUIREMENT:** Data Collection

**THEORY:**

Coronaviruses are a family of viruses that can cause respiratory illness in humans. They are called “corona” because of crown-like spikes on the surface of the virus. Severe acute respiratory syndrome (SARS).The new strain of coronavirus — SARS-CoV-2 — was first reported in Wuhan, China in December 2019. It has since spread to every country around the world.

**SIGN & SYMPTOMS:**

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms.

Possible symptoms include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

**This list does not include all possible symptoms.** Symptoms may change with new COVID-19 variants and can vary depending on vaccination status. CDC will continue to update this list as we learn more about COVID-19.

### **EMERGENCY WARNING SIGNS FOR COVID -19:**

- Trouble breathing
- Persistent pain or pressure in the chest
- Confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

### **PREVENTION:**

- Wash your hands for at least 20 seconds — especially before eating and preparing food, after using the bathroom, after wiping your nose, and after coming in contact with someone who has a cold.
- Wear a multilayered cloth facemask that fits snugly on your face and covers your mouth, nose and chin as recommended by the CDC.
- Avoid touching eyes, nose and mouth to prevent the spread of viruses from hands.
- Cover the mouth and nose with a tissue when sneezing and coughing or sneeze and cough into your sleeve. Throw the tissue in the trash. Wash your hands afterward. Never cough or sneeze into your hands!
- Avoid close contact (within 6 feet) with those who have coughs, colds or are sick. Stay home if you're sick.
- If you're prone to sickness or have a weakened immune system, stay away from large crowds of people. Follow the directions of your healthcare authorities, especially during outbreaks.
- Clean frequently used surfaces (such as doorknobs and countertops) with a virus-killing disinfectant.

- Use hand sanitizers that contain at least 60% alcohol if soap and water are not available.
- Greet people with a friendly gesture instead of shaking hands.
- Get enough sleep, eat a healthy diet, drink plenty of liquids and exercise if you are able.
- Take medicine properly as directed by physician.
- These steps will strengthen the immune system and help you fight off infections more easily.

**Conclusion:** From the above experiment, we discussed about the signs and symptoms, and prevention of SARS-COV-19.