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## Opinion Article

# Protection Methods for People who have Recently Visited Areas Where COVID-19 is spreading

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## Abstract

Coronaviruses are a large family of viruses, which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered coronavirus causes coronavirus disease COVID-19.WHO [1]. On March 11, the WHO declared the outbreak a pandemic, a new disease that has spread around the world.

## Opinion

Many countries around the world have seen cases of COVID-19 and several have seen outbreaks. Authorities in China and some other countries have succeeded in slowing or stopping their outbreaks. However, the situation is unpredictable so check regularly for the latest news. This research paper presents the most important preventive methods to prevent the spread of the Corona virus, according to the recommendations of the World Health Organization and through your national and local public health authority. Prevention methods for people who have recently visited areas where COVID-19 is spreading [2] by Follow the guidance below:

- a) Stay at home, if you begin to feel unwell, even with mild symptoms such as headache and slight runny nose, until you recover. Why? Avoiding contact with others and visits to medical facilities will allow these facilities to operate more effectively and help protect you and others from possible COVID-19 and other viruses. [2,3]
- b) If you have fever, cough. Isolate yourself from the family in a place by yourself. [2,3]
- c) If you develop fever, cough and difficulty breathing, seek medical advice promptly as this may be due to a respiratory infection or other serious condition. Call in advance and tell your provider of any recent travel or contact with travelers.

Why? Calling in advance will allow your health care provider to quickly direct you to the right health facility. Follow the directions of your local health authority. This will also help to prevent possible spread of COVID-19 and other viruses. [2,3]. WHO[1] is continuously monitoring and responding to this outbreak. The Questions and answers will be updated, as more is known about COVID-19, how it spreads and how it is affecting people worldwide. Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority.

## References

1. World Health Organization.
2. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>.
3. Ministry of Health and Population (Egypt).