Quick Facts About Coronavirus COVID-19
The incubation period for COVID-19 is a minimum of 14 days, this means a person can be infected without symptoms during this period.
There are CARRIERS who can SPREAD the virus without exhibiting symptoms of the disease.
The virus is SPREAD through

- Coughing
- Sneezing
- Contact
- Handshakes
Individuals at high risk of the disease are:

a. Young children
b. The elderly (> 60 years)
c. Immunosuppressed individuals (those with HIV, on chemotherapy etc.)
d. Pregnant women
e. Individuals with chronic illness such as diabetes, heart disease etc.
The disease manifests like a normal flu in healthy individuals which may resolve on its own.
There is currently no cure for the disease.
Disease progression is as follows:

After the incubation period the patients will have flu-like symptoms at this point the individual should isolate themselves/ self-quarantine.

If the symptoms should worsen - difficulty in breathing, chest pains, severe fever; the patient should quickly present themselves to a hospital that is equipped and prepared to manage the patient, such as the following:

- Mbagathi Hospital
- Kenyatta Hospital
- Aga Khan Hospital
- Nairobi Hospital

The patient should call in advance to inform the hospital of their arrival.
The Management of COVID-19 is mainly symptomatic and supportive care.
Currently the severity rate of the disease is 2.3% and only 49% of those patients with severe symptoms will succumb to the disease.
Prevention is better than cure

Wash your hands thoroughly & often

Wear a face mask

Avoid contact with infected people.

Always cover your cough or sneeze.

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