



AIG TRAVEL

About COVID-19

Coronavirus refers to a family of respiratory viruses that can range from the common cold to a more severe disease, such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV).

The first Coronavirus was isolated in birds in 1937 and the first Human Coronavirus (HCoV) was identified in the nasal swab of patients with the common cold in the mid-1960s. Until now, seven strains of Coronavirus infecting humans have been identified. The newest strain, known as novel Coronavirus (2019-nCoV), was identified in China on 7 January 2020.

Mode of Transmission

The virus is mainly zoonotic, which means that the disease normally exists amongst animals, but some of the viruses have the ability to spread to humans in what is known as a spillover event. The novel Coronavirus was initially linked to the Wuhan food market, as many of the initial patients were customers of the market where a positive sample was isolated. Research is still ongoing about the mode of transmission of COVID-19, but the most likely route for a human-to-human transmission is via contact with an infected person's secretions.

Depending on the virulence of the Human Coronaviruses and its multiple variants, the most common transmission from an infected person to others would be through the air (coughing and sneezing.) Less frequent modes of transmission include

close personal contact (touching or shaking hands), touching an object or surface that an infected person has touched and then touching your mouth, nose, or eyes before washing your hands and, in some rare cases, via fecal contamination.

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Symptoms

The common Human Coronaviruses mainly present as mild to moderate upper respiratory tract illnesses similar to the common cold. Symptoms may include runny nose, cough, fever, sore throat, headache and loss of taste and/or smell. These symptoms may progress to pneumonia or bronchitis with shortness of breath and easy fatigability.

Those at high risk of developing complications include those with underlying chronic conditions, such as respiratory and cardiac diseases, immunocompromised individuals, as well as those in extreme age groups (e.g. infants or the elderly).

There are now effective vaccines available that provide limited immunity to COVID-19. Individuals should consult with their personal physician to determine if these agents would be appropriate for them. Other defenses include the appropriate wearing of facemasks, hand washing, social distancing and disinfection of commonly used surfaces.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>

The information contained in this material is for general informational purposes and is not intended as a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical problem.

Visit [travelguardworldwide.com/coronavirus](https://www.travelguardworldwide.com/coronavirus) for further information.

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