

Sent by katya, working in Geneva hospital, this information is translated from italien to French to English by me ahah, from doctors on the very front of wrestling the virus.

«We do not stop the virus with panic but with intelligence.

Here are some new information from a researcher from Shenzhen who was transferred to Wuhan to collaborate to the task force put in place to fight the virus.

The infection does not present as a usual cold, with running nose or a cough with catharsis and discharges, but on the contrary with a dry coughing. This is the very first sign to identify.

Important to know :

The virus does not resist heat and dies when exposed to temperatures 26-28oC

Important à savoir : le virus ne résiste pas à la chaleur et il meurt si il est exposé à des températures de 26-27°.

It is very important to consume during the day hot drinks (tea soup ... or just warm water. They will neutralize the virus and not hard to absorb.

Important: avoid to drink iced water or sucker ice especially for children.

For those who can, extremely important to expose to sun and heat.

1. The virus is pretty large, with a diameter of 400 to 500 nm.

Numéro 1. This means that any type of mask can stop it in you usual life but This is not the case for medical professionals or if you are to be exposed to high level of virus in which case you need special masks. Any masks you use of course only touch with clean hands otherwise useless.

If someone has been affected and sneeze in front of you, being around 3 metres away, the virus will fall on the floor and won't reach you. Security distance it is between people.

2. If the virus is on metallic surfaces (doors, appliances, bus, stairs Ramos, chairs, etc...) it stays alive for about 12 hours. It is therefore extremely important to disinfect your hands.

3 : the virus can stay hidden in clothes and fabric for 6 to 12 hours. Normal cleaning products can destroy it. For clothes which can not be cleaned everyday, expose them to sun or high heat to kill the virus.

How does the virus manifest itself:

1. It first settles in the throat provoking an inflammation sensation with a dried throat: this symptom could last 3/4 days.

2. The virus travels using humidity present in respiratory channels, doing down to the trachea and installs in the lungs causing a pneumonia. This period will take 5 to 6 days.

3. The pneumonia manifests itself with high fever and difficulty to breathe and does not resemble an ordinary cold. You could even feel like drowning because of not being able to breathe as usual. In this case, just call for medical emergency.

How to avoid the virus :

1. The transmission, in the majority of the cases, by direct contact, touching fabric or materials on which the virus is present : washing hands frequently is absolutely fundamental. The virus survives on your hands for about 10 minutes, but during these 10 minutes, many things can happen : put ongles or fingers in your mouth, touching eyes or nose for example, and allow the virus to enter your throat!

So for the safe being of you and others, stop these gestures and wash your hands as often as possible to sanitize them.

2. You can gargle with sanitizing solutions to eliminate or reduce the virus quota which could have entered your throat. Doing this, you can eliminate the virus before it penetrates your Trachea then your lungs.

3. Sanitize your computer keyboard, mouse, phone and especially your credit cards !

We shall take great care of ourself for everyone else »