



LEARN MORE ABOUT CORONAVIRUS AND BASIC PROTECTIVE MEASURES-

DEPARTMENT OF BIOETCHNOLOGY AND FOOD TECHNOLOGY, DURBAN UNIVERSITY OF TECHNOLOGY, (DURBAN) IN COLLABORATION WITH NUTRIFID EDUCATION HUB

----- Awareness -----

1- What is Coronavirus?

Coronaviruses (CoV) are a large family of viruses that cause illnesses in humans and animals ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV).

2. What is COVID 19

A novel coronavirus (nCoV): is a new strain that has not been previously identified in humans. A newly identified type in 2019, called COVID 19, has caused a recent outbreaks of respiratory diseases in various countries.

2- What are some common signs of infection?

Common signs of infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

3- What are some protective measures?

Standard recommendations to prevent infection spread include regular hand washing, covering mouth and nose when coughing and sneezing. Cooking meat and eggs before eating is also important as heat will kill the virus in cooked food. Avoid close contact with anyone showing symptoms of respiratory illness such as coughing and sneezing. Washing hands well before eating or after visiting public spaces is recommended.

4- How does good nutrition help? (Advice from Prof Amonsou)

Good nutrition is an adequate intake of food considered in relation to your body dietary need combined with regular physical activity.

- You need to practise good nutrition, most important to boost your immune system
- The consumption of nutrient-rich foods including fruits, vegetable, legumes and whole grains will be of great help.
- Regular physical exercise- When combined with proper nutrition is the cornerstone of health.
- Food supplements- these are concentrated sources of nutrients that are used to supplement the normal diet. These are not a replacement for your meal. In my opinion, do not go for food supplements as your first option. Use food supplement when it becomes necessary. The best way to derive your nutrients is to eat the food.

Source <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>.