

## An Article on COVID- 19

**COVID- 19**, also known as the nimbus contagion complaint 2019, is a largely contagious and potentially severe respiratory illness caused by the nimbus contagion SARS. It was first linked in Wuhan, China, in December 2019 and has since come a global epidemic. The contagion primarily spreads through respiratory driblets when an infected person coughs, sneezes, addresses, or breathes, and it can also spread by touching shells defiled with the contagion and also touching the face, especially the mouth, nose, or eyes.

**Common symptoms of COVID- 19** include fever, cough, briefness of breath, fatigue, muscle or body pangs, loss of taste or smell, sore throat, traffic or watery nose, nausea or vomiting, and diarrheal. In severe cases, the infection can lead to pneumonia, acute respiratory torture pattern ( ARDS), organ failure, and death.

**To help the spread of COVID- 19**, health authorities worldwide have recommended measures similar as.

1. **Maintain a distance** of at least 6 bases( about 2 measures) from people who aren't from your ménage, especially in crowded places.
2. **Wash your hands with cleaner** and water for at least 20 seconds, especially after being in public places or touching surfaces. However, use hand sanitizer with at least 60 alcohol, If cleaner and water aren't available.
3. **Try to avoid touching your eyes, nose, and mouth** with ignoble hands, as the contagion can enter your body through these areas.
4. **Cover your mouth and nose** with a towel or use your elbow when you cough or sneeze, also dispose of the towel incontinently and wash your hands.
5. **Still, similar as fever, cough**, If you have symptoms of COVID- 19. Seek medical advice if necessary.
6. **Limit contact with people** outside your immediate ménage, and avoid large gatherings or events where the threat of transmission is advanced.
7. **Still, insure proper ventilation** by opening windows and doors to allow fresh air to circulate, If you are outdoors.
8. **Regularly clean and disinfect** constantly- touched shells, similar as doorknobs, light switches, phones, and keyboards.

**9. Still, get vaccinated as soon as you're eligible,** If vaccines are available and approved in your area. Vaccination helps cover you and others from severe illness and reduces the overall spread of the contagion.

**10. Wear a mask that covers your nose** and mouth when in public settings, especially when physical distancing isn't possible.