

# Questions and Answers

## 1.1 What is COVID-19?

COVID-19 is the official name of the disease caused by the virus SARS CoV-2, formerly known as Novel Coronavirus. This is a new strain from the coronavirus family.

## 1.2 How does SARS CoV-2 (COVID-19) spread?

SARS CoV-2 spreads through droplets that are released when people sneeze or cough. These droplets can only travel up to 1 meter.

## 1.3 What are the symptoms of COVID-19?

The two main symptoms of COVID-19 are fever and cough.

## 1.4 How long is the incubation period for COVID-19?

The incubation period is the time between catching the virus and when the symptoms of the disease start appearing. Most estimates of the incubation period for COVID-19 range between 1 and 14 days.

## 1.5 How do I know if I have COVID-19 and not regular cold or flu?

The only way to know if you suffer from COVID-19 is through a special lab test.

## 1.6 Can COVID-19 be treated with antibiotics?

No. COVID-19 is caused by a virus and antibiotics only work on bacterial infections.

## 1.7 Is there any particular treatment for COVID-19?

There is no treatment for COVID-19 yet. The disease is treated symptomatically, which means the symptoms

(such as fever and cough) are treated rather than the disease itself.

## 1.8 How serious is COVID-19?

COVID 19 usually causes a mild to moderate respiratory (lung) infection. In the elderly or those who are immunocompromised or have other chronic diseases, it may lead to severe pneumonia and can be fatal.

The disease has proven fatal in about 2% of COVID-19 patients; 98% of those infected have recovered.

## 2 Confirmation of COVID-19 Cases

### 2.1 How is COVID-19 confirmed in a patient?

Suspected or probable cases of COVID-19 are confirmed via a swab test called the "Novel Coronavirus-2019

(n. Cov-2019)."

## **2.2 I have a fever/cold. Could I have COVID-19?**

If you have a fever or cold AND have either traveled from a country where has been an outbreak of COVID 19 such as China, Italy, Iran in the last 14 days, or have been in contact with a known patient of COVID-19,

you should visit a doctor.

## **2.3 Where can I go to get tested for COVID-19?**

COVID-19 test is a special type of test for which a specimen is needed. This can only be collected by a trained doctor. Once collected, the specimen is sent to the lab for testing.

## **2.4 How much does the COVID-19 test cost?**

The test is done at Afghan-Japan hospital for free.

## **2.5 How long does it take to get the COVID-19 test result?**

Test results are reported within a day.

## **2.6 Where are COVID-19 patients admitted?**

COVID-19 patients are admitted to isolation rooms at dedicated hospitals.

## **3 Protection from COVID-19**

### **3.1 What precautionary measures should I take regularly?**

To keep yourself safe, follow these precautions:

- Regularly wash your hands, especially after sneezing or coughing.
- Avoid touching your eyes, nose or mouth.
- Follow cough/sneeze hygiene practices (cough or sneeze in a tissue or your elbow/ sleeves) and discard used tissues appropriately in the dustbin; do not reuse.
- Drink plenty of water, maintain a healthy diet and do not smoke.

### **3.2 Can I get COVID-19 from eating fish, chicken or meat?**

No. You cannot get COVID-19 by eating fish, chicken or meat. However, cook these thoroughly so that you are not at risk of other infections.

### **3.3 Can I get COVID-19 from my pets?**

No, you cannot get COVID-19 from your pets. However, it is always a good idea to wash your hands with soap and water after petting animals.

### **3.4 Can I get vaccinated for COVID-19?**

There is currently no vaccine for COVID-19.

### **3.5 Should I wear a mask?**

If you are healthy, the routine use of masks is not regarded to be helpful and is not recommended.

You could wear a simple surgical mask if you are sick with cold/ flu-like symptoms, or if you are a healthcare worker. The N-95 mask is only needed if you are a healthcare staff working specifically in Intensive

or Special Care Units or carrying out special procedures.

### **3.6 I need to travel soon. What precautions should I take?**

If you have to travel, take the following precautions: avoid people who may be sick; wash your hands frequently and try not to touch your face, especially your eyes, nose or mouth without first washing your hands. Wear a surgical mask if you can.

## **4 Routine FMIC Operations**

### **4.1 Is it safe to visit FMIC?**

Yes, it is safe to visit FMIC. As of now, there is no suspect or confirmed cases received at FMIC. Probable cases will be dealt in line with the set standards defined in FMIC procedures for emergency management and COVID-19 policy.

### **4.2 Are clinics or surgeries being cancelled at FMIC?**

All clinics, surgeries and other services continue as per schedule. 5 For More Information

### **5.1 Where can I get more information?**

For more information and to download COVID-19 materials, visit the FMIC website:

[www.fmic.org.af](http://www.fmic.org.af)

FMIC Contact Centre:

For Dari and Pashto: 079 227 6340

For English: 079 152 2663