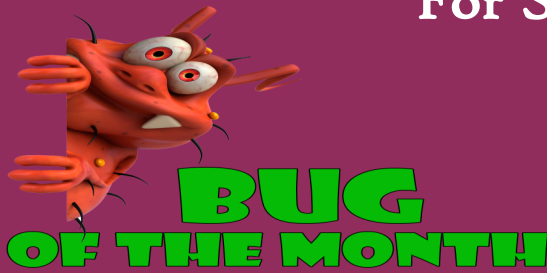


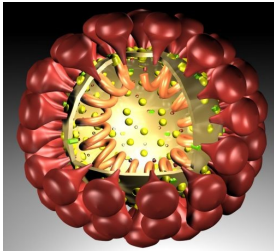
# For Staff /Patient Education

## Middle East Respiratory Syndrome Coronavirus MERS-CoV

April 2014



### What is it?



- MERS-CoV is a beta [coronavirus](#). It was first reported in 2012 in Saudi Arabia. MERS-CoV used to be called “novel coronavirus,” or “nCoV”. It is different from other coronaviruses that have been found in people before.
- The Coronavirus Study Group (CSG) of the International Committee on Taxonomy of Viruses (ICTV) decided in May 2013 to call the novel coronavirus “Middle East Respiratory Syndrome Coronavirus (MERS-CoV).
- Common symptoms are acute, serious respiratory illness with fever, cough, shortness of breath and breathing difficulties. Most patients have had pneumonia. Some patients have had kidney failure. Some have gastrointestinal symptoms like diarrhea. MERS-CoV infection causes severe acute hypoxemic respiratory failure, extrapulmonary organ dysfunction, and high rates of death.

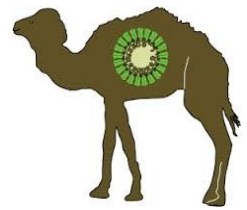
### How is it spread?

- Spread between people who are in **close contact**
- Direct transmission through droplets
- Transmission from infected patients to healthcare personnel has also been observed. Indirect through touching surfaces and devices contaminated with the virus and then touching the mouth, nose or eyes

### Where is it found?



We don't know for certain where the virus came from. However, it likely came from an animal source. In addition to humans, MERS-CoV has been found in camels in Qatar and a bat in Saudi Arabia. Camels in a few other countries have also tested positive for antibodies to MERS-CoV, indicating they were previously infected with MERS-CoV or a closely related virus. However, we don't know whether camels are the source of the virus. More information is needed to identify the possible role that camels, bats, and other animals may play in the transmission of MERS-CoV.



### Prevention & Control:

- Standard precautions consistently with all patients— regardless of their diagnosis—in all work practices all the time. Wash your hands often with soap and water , and help young children do the same. If soap and water are not available, use an alcohol-based hand sanitizer.
- Cover your nose and mouth with a tissue when you cough or sneeze, throw tissue in the trash and clean your hands. Avoid touching your eyes, nose, and mouth with unwashed hands.
- **Avoid close contact**, such as kissing, sharing cups, or sharing eating utensils, with sick people.
- Clean and disinfect frequently touched surfaces, such as toys, doorknobs, tabletops, counter and equipments.
- There are no specific treatments recommended for illnesses caused by MERS-CoV nor vaccine developed. Medical care is supportive and to help relieve symptoms.
- Adequate sleep; Exercise; Eat well balanced diet; Drink plenty of water; Stay home when you're sick.
- Contact with any obviously sick animals (including birds) should be avoided, and basic hygiene measures taken, especially frequent hand washing and changing of clothes and shoes or boots, after handling animals or animal products. Sick animals should not be slaughtered for consumption. Boil or pasteurize raw milk.
- MOH advises the elderly and those with chronic diseases, as well as pregnant women, to postpone pilgrimage this year.
- Avoid crowded places. Get flu shot yearly.



#### For more information contact:

Ms. Lucita B. Cando, BSN-RN  
Infection Control Practitioner  
Email: candolb@alj.com  
Telephone No: (02) 6770001 local 1511

#### Sources:



Abdul Latif Jameel Hospital  
Infection Prevention and  
Control Department



LBC