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FEB 2020

2019 - nCoV Coronavirus Outbreak

Green

NEWS

letter

Coronaviruses (CoV)

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

A novel coronavirus (nCoV) is a new strain that has not been previously identified in humans.

Coronaviruses are zoonotic, meaning they are transmitted between animals and people. Detailed investigations found that SARS-CoV was transmitted from civet cats to humans and MERS-CoV from dromedary camels to humans. Several known coronaviruses are circulating in animals that have not yet infected humans.

Standard recommendations to prevent infection spread include regular hand washing, covering mouth and nose when coughing and sneezing, thoroughly cooking meat and eggs. Avoid close contact with anyone showing symptoms of respiratory illness such as coughing and sneezing.

Source: World Health Organization

Wuhan Coronavirus FAST FACT

By CNN Editorial Research

- There is no cure for the common cold.
- A coronavirus causes both SARS and MERS.
- Coronaviruses infect many different species.
- There are seven known human coronaviruses.
- SARS spread from China to cause infection in 37 countries, killing 774 people.

Symptoms include:

- sneezing
- a runny nose
- fatigue
- a cough
- in rare cases, fever
- a sore throat
- exacerbated asthma



Wash your hands frequently
Wash your hands frequently with soap and water or use an alcohol-based hand rub if your hands are not visibly dirty.

Avoid touching eyes, nose and mouth
Why? Hands touch many surfaces which can be contaminated with the virus. If you touch your eyes, nose or mouth with your contaminated hands, you can transfer the virus from the surface to yourself

Avoid consumption of raw or undercooked animal products
Handle raw meat, milk or animal organs with care, to avoid cross-contamination with uncooked foods, as per good food safety practices

If you have fever, cough and difficulty breathing, seek medical care early
Tell your health care provider if you have traveled in an area in China where 2019-nCoV has been reported, or if you have been in close contact with someone with who has traveled from China and has respiratory symptoms.

Practice respiratory hygiene
When coughing and sneezing, cover mouth and nose with flexed elbow or tissue – discard tissue immediately into a closed bin and clean your hands with alcohol-based hand rub or soap and water.

Basic protective measures against the new coronavirus

Maintain social distancing
Maintain at least 1 metre (3 feet) distance between yourself and other people, particularly those who are coughing, sneezing and have a fever

Avoid consumption of raw or undercooked animal products
Handle raw meat, milk or animal organs with care, to avoid cross-contamination with uncooked foods, as per good food safety practices.

Source: World Health Organization

Here are recycling centres and recyclable collection centres in Penang where you can drop off your recyclable items if you cannot organise a recycling project within your own taman or apartment area. Drop off your items at least ONCE a month at the below places.

If you are organising a recycling project on your own, you need this list of recycling contractors.

Malaysian Nature Society

673-B, Jalan Kebun Bungah, 10350 Penang.
Contact: Mr Kanda (04 227 3673 or 013 453 7992)

Friends of the Botanical Garden

673-A, Jalan Kebun Bungah, 10350 Penang.
Tel: 04 227 9915

The Enlightenment Home Assoc. Penang

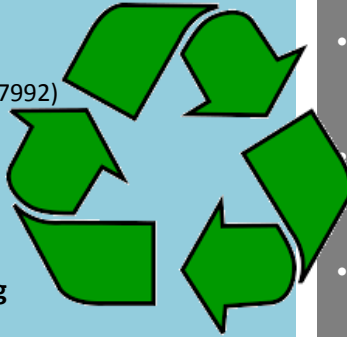
16, Jalan Bawasah, 10050 Penang
Contact: Miss Linda Moo (019 510 6066) or Mr Mok (016 495 9886)

SIMA Handicapped Centre

20, Jalan Tunku Kudin, Gelugor, 11700 Penang
Tel/Fax : 04 658 7187, 016 405 0432, 016 402 1357

Kawan Shop

Tel: 04 261 8405
41 Chulia Street, George Town, 10200 Penang.
Collects household items, electronics, clothes, decor items, books and computers. Can pick up from your home or you can drop off.



- Fingernails grow an average of 3.5 millimeters per month.
- White spots on your nails don't indicate a calcium deficiency.
- Nails are made out of the same stuff as hair.
- Men's nails grow faster than women's nails.
- Nails are what separate the primates from the mammals
- Nail biting is called onychophagia.
- You actually *should* let your nails "breathe" between manicures.
- Nails are a window to the entire body.
- Nails grow faster in the summer than in the winter.
- About 10 percent of dermatological conditions are nail-related.
- Stress can take a toll on your nails.
- There's a reason we can't stand nails on a chalkboard.
- Cuticles have a purpose.
- The hardness of your nails is mostly genetic.
- Your nails need blood to survive.



Source: www.huffpost.com



WHAT'S UP February



In-House Training



**CNY
Lunch
Treat**



Virus Protection



**Colaboration
programme with ILP,
Kepala Batas**



**Hungry
Face**



**Happy Tummy
Again**

