**Facts, rumors and the coronavirus.**

The coronavirus (nCoV) has taken on an entire life of its own. Truth is that the ‘coronavirus’ has been around since it was identified in the 1960s. Almost everyone gets a coronavirus infection at least once in their life, most likely when you were a child.  
  
Until now, the two most known coronavirus outbreaks were the Middle East Respiratory Syndrome (MERS, 2014) and the Severe Acute Respiratory Syndrome (SARS, 2003).  
  
They spread the same way other cold-causing viruses do through infected people coughing and sneezing, by touching an infected person’s hands or face or by touching things such as doorknobs that have the virus on them. Most coronaviruses aren’t dangerous.  
  
This China outbreak moved quickly through person-to-person contact and the World Health Organization (WHO) has identified it as a new type, 2019 novel coronavirus (2019-nCoV) and says that it can be fatal.  
  
I’d like to add here, as are all viruses, colds, flus and other illnesses. Those most at risk of it leading to death are the elderly and those with compromised immune systems. Those with healthy immunities and strong bodies, will not die from this virus. As I heard said by some very educated and smart individuals just yesterday, “99.9% of us have a greater chance of dying by being run over in the Safeway parking lot.”  
  
Early symptoms could include fever, upper respiratory infection, cough, runny nose, sore throat, shortness of breath and sometimes fever, and show up between 2 to 14 days after exposure. The coronavirus infections range from mild to serious. In most cases, you won’t know whether you have a coronavirus or a different cold-causing virus, such as rhinovirus. If the virus gets lower into your lungs, that’s when it can turn into pneumonia, respiratory failure or septic shock.  
  
There is no vaccine for coronavirus.  
  
Prevention is left up to us. Beginning with washing your hands thoroughly, keeping your hands and fingers away from your eyes, nose and mouth, avoiding close contact with those who are infected, get plenty of rest, stay hydrated, control pain and fever with over the counter ibuprofen or acetaminophen. A humidifier or steamy shower can also ease a sore and itchy throat.  
  
Most of this information was gathered from WebMD and they state, “The coronavirus infection isn’t a serious threat for an otherwise healthy adult. If you get sick, treat your symptoms and contact your doctor.”  
  
“Coronavirus rumor mill, rampant with bogus news,” WebMD, Weintraub, K. 2/5/20. I thought some of this information would be fun to include in today’s article.  
  
The evidence points to this nCoV starting in a so-called wet market, where meat and live animals are sold. But scientists and officials are still gathering information, so they can’t be sure yet.  
  
Bill Gates is not responsible. He spent his millions to help China and African nations fund vaccines and fight previous coronavirus outbreaks.  
  
The woman in the viral photo eating bat soup wasn’t even taken in China. So not her.  
  
The Chinese created a weaponized version of the coronavirus and lost control of it. “Not only is there no proof of this, if someone wanted to weaponize a virus, they would probably pick one with a higher fatality rate,” Taylor says.  
  
The best way to avoid the virus is to avoid Chinese people. A rumor spreading through Australia. Not true.  
  
Drinking bleach keeps the virus away. Drinking bleach could kill you.  
  
Coronavirus will cause the zombie apocalypse. OK you “Resident Evil” video game players, get real.  
  
Not caused by mandarin oranges and cellphones.  
  
No confirmed reports of catching it off of packages mailed from China.  
  
Your pets do not need safety masks. Truthfully, neither do you if you practice preventative measures.  
  
Jeanne Marrazzo, MD, director of the Division of Infectious Diseases at the University of Alabama at Birmingham says, “These viruses don’t respect borders or nationalities or any kind of personal identity, race or ethnicity. Everyone is at a potential risk if they are in the right social setting.”  
  
Coming from the director-general of the WHO, Tedros Adhanom Ghebreyesus, PhD says, “We’re all in this together and we can only stop it together. This is the time for facts not fear, science not rumors, solidarity not stigma.”  
  
I think I’ll go wash my hands!