

## What to know about coronaviruses

Coronaviruses are types of viruses that typically affect the respiratory tracts of birds and mammals, including humans. Doctors associate them with the common cold, bronchitis, pneumonia, and severe acute respiratory syndrome (SARS), and they can also affect the gut.

These viruses are typically responsible for common colds more than serious diseases. Over the last 70 years, scientists have found that coronaviruses can infect mice, rats, dogs, cats, turkeys, horses, pigs, and cattle. Sometimes, these animals can transmit coronaviruses to humans.

## What is a coronavirus?

Scientists first found evidence of human coronaviruses (HCoV) in the 1960s in the noses of people with the common cold. The name "coronavirus" comes from the crown-like projections on their surfaces. "Corona" in Latin means "halo" or "crown."

Among humans, coronavirus infections most often occur during the winter months and early spring. People regularly become ill with a cold due to a coronavirus and may catch the same one about 4 months later. This is because coronavirus antibodies do not last for a long time. Also, the antibodies for one strain of coronavirus may be ineffective against another one.

## Symptoms:

Cold- or flu-like symptoms usually set in from 2–4 days after a coronavirus infection and are typically mild. However, symptoms vary from person-to-person, and some forms of the virus can be fatal.

Symptoms include: sneezing,,runny nose,fatigue,cough,fever in rare cases, sore throat,exacerbated asthma.

There is no cure, so treatments include self-care and over-the-counter (OTC) medication. People can take several steps, including: resting and avoiding overexertion, drinking enough water, avoiding smoking and smoky areas, taking acetaminophen, ibuprofen, or naproxen for pain and fever using a clean humidifier or cool mist vaporizer.

A doctor can diagnose the virus responsible by taking a sample of respiratory fluids, such as mucus from the nose, or blood.

## Vocabulary & Expressions

respiratory tracts 気道、呼吸道 / mammals 哺乳類

bronchitis 気管支炎 / Pneumonia 肺炎 / syndrome 症候群

gut 消化管、腸 / evidence 証拠、跡 / surface 表面

infection 感染 / occur (…に)生じる / antibodies 抗体、抗毒素

strain 痛める / symptom 病気の症状 / fatal 致命的

sore throat 喉頭病 / exacerbate 悪化させる / asthma ぜんそく

treatment 治療 / over-the-counter 店頭で買える

exertion 過度な努力 / humidifier 加湿器 / vaporizer 蒸発器

diagnose 診断する / mucus 粘液