

## Coronavirus in float tanks

A new virus has been reported and has gained considerable attention worldwide. The virus has been called by several names including novel Coronavirus, Wuhan coronavirus, and 2019-nCov but is presently called **SARS-CoV-2**. The disease is caused is called **COVID-19** and sometimes called **COVID-2019**. All refer to the same virus. This virus was first reported in China in December 2019 but has now spread to over 30 countries.

**SARS-CoV-2 is not likely to be spread in float tanks, swimming pools or spa water.**

### Background

**SARS-CoV-2** is one of a large family of other coronaviruses. The family of coronaviruses cause a number of illnesses in humans and animals. The four common types of human coronaviruses usually cause mild to moderate illnesses and are one type of the common cold. These types of coronaviruses usually only cause illness for a few days. Symptoms of the common coronaviruses may include:

- runny nose
- headache
- cough
- sore throat
- fever
- a general feeling of being unwell

These common coronaviruses can sometimes cause more serious illnesses including lower-respiratory tract infections, such as pneumonia or bronchitis. This is more common in people with heart disease, people with weakened immune systems, infants, and older adults. At this time this appears to be the same symptoms with COVID-2019 with some increased number of lower respiratory symptoms.

There have been two other outbreaks of novel corona viruses in recent years. MERS (Middle Eastern Respiratory Syndrome-coronavirus or MERS-CoV) and SARS (Severe Acute Respiratory Syndrome or SARS-CoV) can cause much more severe symptoms including pneumonia. About one-third of those infected with MERS have died. MERS cases are periodically reported in the Arabian Peninsula. No human cases of SARS have been reported anywhere in the world since 2004.

The family of coronaviruses was named “corona” for the crown of proteins on their outer shell. The viruses were not named after the beer of the similar name and are not spread in beer.

### Symptoms

For confirmed **SARS-CoV-2** infections, reported illnesses have ranged from people with mild symptoms to people being severely ill and dying. Symptoms can include:

- Fever
- Cough
- Shortness of breath

### How it is spread

Epidemiologists are still investigation how the virus is spread. At this time it is believed that the virus is spread in droplets from sneezing and coughing. When someone else inhales the droplet the virus enters the upper respiratory tract and may cause infection. Based on other similar viruses this happens when the two people are within 6 feet of each other. There is some indication that touching surfaces contaminated with droplets can cause infection but this is not the main way the virus is spread.

Most similar viruses are spread after an infected person develops symptoms, in this case a fever. There are some indications that infected individuals without symptoms may be able to spread the virus to others but this is not the main way it is spread.

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### **Avoiding becoming ill**

The US Centers for Disease Control and Prevention has issued the following preventative guidelines

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using facemask.
  - CDC does not recommend that people who are well wear facemask to protect themselves from respiratory viruses, including 2019-nCoV.
  - Facemask should be used by people who show symptoms of 2019 novel coronavirus, in order to protect others from the risk of getting infected. The use of facemasks is also crucial for [health workers](#) and [people who are taking care of someone in close settings](#) (at home or in a health care facility).
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
  - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

### **Reference**

Information of **SARS-CoV-2 and COVID-19** is changing daily. The most reliable source of information is the US Centers for Disease Control and Prevention.

<https://www.cdc.gov/coronavirus/index.html>