

Coronavirus infectious disease 2019 (COVID-19) is a contagious disease caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). The first case was identified in Wuhan, China, in December 2019. It has since spread worldwide, leading to an ongoing pandemic.

Symptoms of COVID-19 are variable, but often include fever, cough, fatigue, breathing difficulties, and loss of smell and taste. Symptoms begin one to fourteen days after exposure to the virus. Of those people who develop noticeable symptoms, most (81%) develop mild to moderate symptoms (up to mild pneumonia), while 14% develop severe symptoms (dyspnea, hypoxia or more than 50% lung involvement on imaging), and 5% suffer critical symptoms (respiratory failure, shock, or multiorgan dysfunction). At least a third of the people who are infected with the virus remain asymptomatic and do not develop noticeable symptoms at any point in time, but they can spread the disease. Some patients continue to experience a range of effects for months after recovery, and damage to organs has been observed. Multi-year studies are underway to further investigate the long term effects of the disease.

The virus that causes COVID-19 spreads mainly when an infected person is in close contact with another person. Small droplets and aerosols containing the virus can spread from an infected person's nose and mouth as they breathe, cough, sneeze, sing, or speak. Other people are infected if the virus gets into their mouth, nose or eyes. The virus may also spread via contaminated surfaces, although this is not thought to be the main route of transmission. The exact route of transmission is rarely proven conclusively, but infection mainly happens when people are near each other for long enough. People who are infected can transmit the virus to another person up to two days before they themselves show symptoms, as can people who do not experience symptoms. People remain infectious for up to ten days after symptom onset in moderate cases and up to 20 days in severe cases. Various testing methods have been developed to diagnose the disease. The standard diagnosis method is by real-time polymerase chain reaction from a nasopharyngeal swab.

Preventive measures include physical or social distancing, quarantine, ventilation of indoor spaces, hand washing, keeping unwashed hands away from the face, the use of face masks in public places to minimize the risk of transmissions. Several vaccines have been developed and various countries have initiated mass vaccination campaigns.

Although work is underway to develop drugs that inhibit the virus, the primary treatment is currently symptomatic. Management involves the treatment of symptoms, supportive care, isolation, and experimental measures.

Tasks to the text “Coronavirus Infectious Disease”

I. Give English equivalents:

1. контагиозное (заразное) заболевание
2. устанавливать, выявлять, идентифицировать
3. переменчивый, изменчивый, неустойчивый
4. воздействие вируса
5. заметные симптомы
6. тяжёлые симптомы (состояние)
7. изображение, визуализация
8. респираторная (дыхательная) недостаточность
9. повреждение, поражение органов
10. распространяться
11. через заражённые поверхности
12. путь передачи
13. различные методы тестирования (контроля)
14. мазок из носоглотки
15. вакцина, вакцинация
16. кампания по вакцинации
17. проводится работа по созданию эффективных противовирусных лекарств

II. Answer the questions:

1. What is COVID – 19 caused by?
2. Where was the 1-st case identified?
3. What are the main symptoms of the disease?
4. When do the symptoms begin?
5. What is the proportion of people who do not develop noticeable symptoms?
6. When can damage to inner organs be observed?
7. How does the virus spread?
8. How long do people remain infectious?
9. What is the standard method to diagnose the disease?
10. What are the main preventive measures?
11. Are vaccination campaigns underway?
12. What does current management involve?

III. Complete the sentences:

1. Symptoms of COVID-19 include....
2. A third of the people who are infected....
3. The virus spreads mainly when....
4. People remain infectious for....
5. The main testing methods to diagnose the disease are....
6. Preventive measures include....
7. Many countries have initiated....

IV. Translate into English:

1. Симптомы появляются от 1 до 14 дней после воздействия вируса.
2. Лёгкие или умеренные симптомы развиваются в 80% случаев.
3. У некоторых пациентов наблюдаются долговременные последствия болезни.
4. Если инфицированный человек кашляет, чихает или разговаривает, вирус попадает в воздух и может вдыхаться любым человеком, находящимся поблизости.
5. Профилактические меры включают физическое и социальное дистанцирование, карантин, проветривание помещений, мытьё рук, использование масок.