

Key Points to Know about Coronavirus

Created by the KBC Medical Advisory Team

Rebecca Erwin Wells, MD, MPH; David Ramsay, MD; Grover “Chip” Mims, MD; John Roach, III, MD, Christine Ebert, PharmD, Joe Long, JD.

Overview

- The situation is rapidly evolving and changing every day, every hour. Please use ONLY TRUSTED websites for the most up-to-date information. Do NOT trust google, Facebook, other social media, friends, family, non-medical personnel. There is a lot of inaccurate and false information circulating. This document is for a brief overview based off the best websites with the most up-to-date information:
 - CDC website [cdc.gov/COVID19](https://www.cdc.gov/COVID19)
 - WHO website <https://www.who.int/health-topics/coronavirus>
- There is NO current treatment for mild or moderate disease and the only way to prevent infection is to Prevent Exposure. Please avoid hoaxes and advertisements for items that suggest they prevent or cure this virus—this could be fraud.
- Do NOT open unsolicited email or email from unknown sources concerning the virus as Novant had a fake email going around supposedly from Johns Hopkins that was malware

WHAT is Coronavirus?

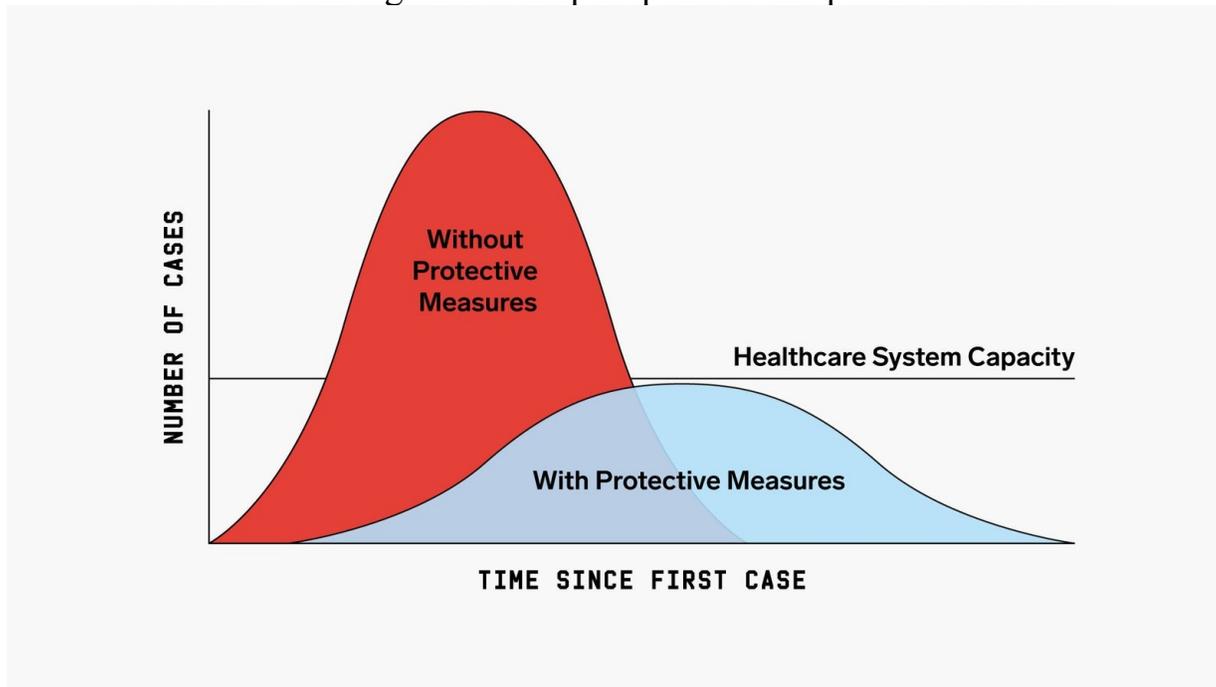
- Coronaviruses (CoV) are a large family of viruses that cause respiratory illness
- Coronavirus disease (COVID-19) is a new strain that was discovered in 2019 and has not been previously identified in humans.
- It was first detected in China. The virus has been named “SARS-CoV-2” and the disease it causes has been named “coronavirus disease 2019” (abbreviated “COVID-19”).

WHY is everything shutting down?

- The incubation period for COVID-19 is **2-14 days**. **This means that someone can be infected and spreading the disease for 2-14 days BEFORE they develop symptoms.**
- The disease is highly infectious, for every 1 person infected, they spread it to 2.5 other people, so the only way to prevent the spread is to practice “social distancing”—staying away from others, avoiding people or places where it’s possible to come in contact with germs by droplets, direct contact or surfaces that are potentially contaminated with the virus.
- The virus can live on surfaces for up to 3 days!

Why canceling events and self-quarantining is so important: we need to “FLATTEN THE CURVE”

- The curve represents the number of people who contract COVID-19 over a period of time.
- The U.S. health care system has a fixed capacity, so a flatter curve ensures that the demand for health care does not exceed its supply.
- The more people are infected, the increased likelihood that our health care system will not be able to care for patients
- We can all work together to help respond to this public health threat



Christina

Animashaun/Vox

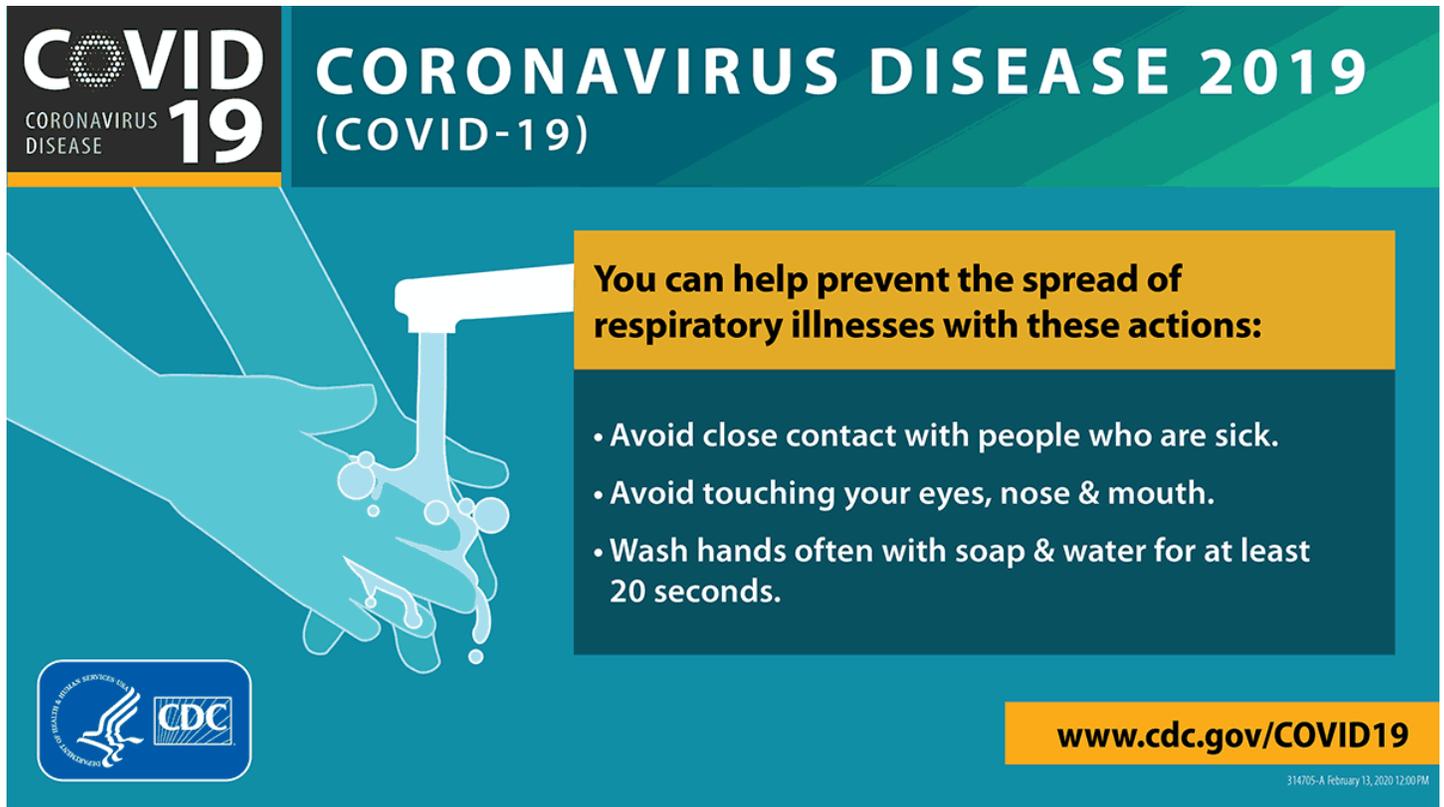
WHO IS MOST AT RISK?

- Older people and people of all ages with severe chronic medical conditions — like heart disease, lung disease and diabetes, for example — seem to be at [higher risk of developing serious COVID-19 illness](#).
- Children are less affected than adults

COVID-19 Is Now a Pandemic

- A pandemic is a global outbreak of disease. Pandemics happen when a new virus emerges to infect people and can spread between people sustainably and easily. Because there is little to no pre-existing immunity against the new virus, it spreads worldwide.
 - Data as of 3/16/2020
 - 168,109 cases worldwide
 - 6,610 deaths
 - 148 countries

What you can do to help prevent the spread:



The infographic features a teal and green background. On the left, a stylized illustration shows hands being washed under a white faucet with water spraying. The text is arranged in a structured layout with white and yellow boxes.

COVID 19
CORONAVIRUS DISEASE

CORONAVIRUS DISEASE 2019 (COVID-19)

You can help prevent the spread of respiratory illnesses with these actions:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose & mouth.
- Wash hands often with soap & water for at least 20 seconds.

 www.cdc.gov/COVID19

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Watch for symptoms

The following symptoms may appear **2-14 days after exposure**.*

- Fever
 - Cough
 - Shortness of breath
-
- If you have symptoms, likely you will be tested for the FLU prior to COVID-19.
 - COVID-19 testing kits are limited, so are reserved for those at greatest risk (such as those with a known contact of someone who tested positive, travel to a high risk area, recent time on a cruise ship, etc).
 - 80% of cases are mild, 15% severe (requiring oxygen), 5% critical (requiring ventilation)

COVID-19 compared to other common conditions

SYMPTOM	COVID-19	COMMON COLD	FLU	ALLERGIES
Fever	Common	Rare	Common	Sometimes
Dry cough	Common	Mild	Common	Sometimes
Shortness of breath	Common	No	No	Common
Headaches	Sometimes	Rare	Common	Sometimes
Aches and pains	Sometimes	Common	Common	No
Sore throat	Sometimes	Common	Common	No
Fatigue	Sometimes	Sometimes	Common	Sometimes
Diarrhea	Rare	No	Sometimes*	No
Runny nose	Rare	Common	Sometimes	Common
Sneezing	No	Common	No	Common

*Sometimes for children

Sources: CDC, WHO, American College of Allergy, Asthma and Immunology

BUSINESS INSIDER

If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**.
Emergency warning signs include*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

Know How it Spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Clean your hands often

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid close contact

- **Avoid close contact** with people who are sick
- Put **distance between yourself and other people**. This is especially important for [people who are at higher risk of getting very sick](#). Advise: at least 6 feet distance.

Stay home if you're sick

- **Stay home** if you are sick, except to get medical care

Cover coughs and sneezes

- **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and disinfect

- **Clean AND disinfect [frequently touched surfaces](#) daily**. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

This information was obtained from the CDC and WHO websites

Additional Measures Important for your Overall Health During this Time

During this time of stress, anxiety, and uncertainty, finding healthy ways to nourish your emotional, spiritual, and social health is critical

Stay connected with loved ones

- Phone calls, letters, social media

Establish a “buddy” system to ensure vulnerable and hard-to-reach community members stay connected to COVID-19-related news and services.

Stay informed

- Stay informed about the local COVID-19 situation with trusted websites:
 - CDC website [cdc.gov/COVID19](https://www.cdc.gov/COVID19)
 - WHO website <https://www.who.int/health-topics/coronavirus>

Pray for our community and our world

Find time every day for a spiritual practice that nourishes you

- Some examples: prayer, meditation, journaling, art, gratitude, spending time in nature

Ensure you are getting adequate sleep, nutrition, and exercise

- Go on a walk, find online exercise videos, practice yoga

Find a way you can meaningfully help others during this time

Enjoy reading a novel, doing a puzzle, playing a board-game with family members, etc.

Share your suggestions of additional ways to nourish yourself during this time with your friends, family, and with KBC