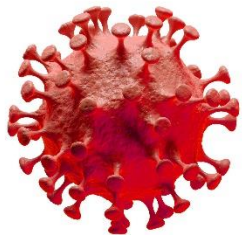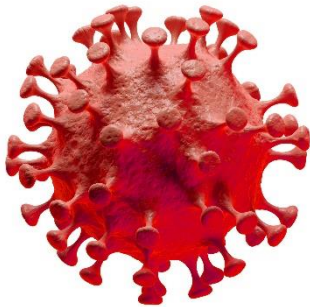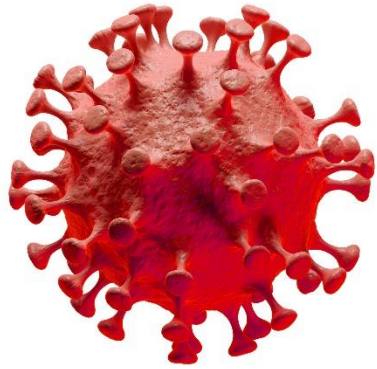# COVID-19

Disclaimer: While ArchCare makes every effort to ensure that the material provided in educational resources are accurate and up-to-date, information surrounding COVID-19 is continually evolving, and the details provided may change rapidly. Materials will be updated as additional information becomes available. ArchCare does not make any representation or warranty about the accuracy, reliability, currency or completeness of any information provided.

COVID-19: What is it?

Coronavirus: Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases.

COVID-19: COVID-19 is the infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019. COVID-19 is a highly contagious respiratory illness similar to the flu.

Source: CDC

COVID-19: Where is it?

Global Verified Cases
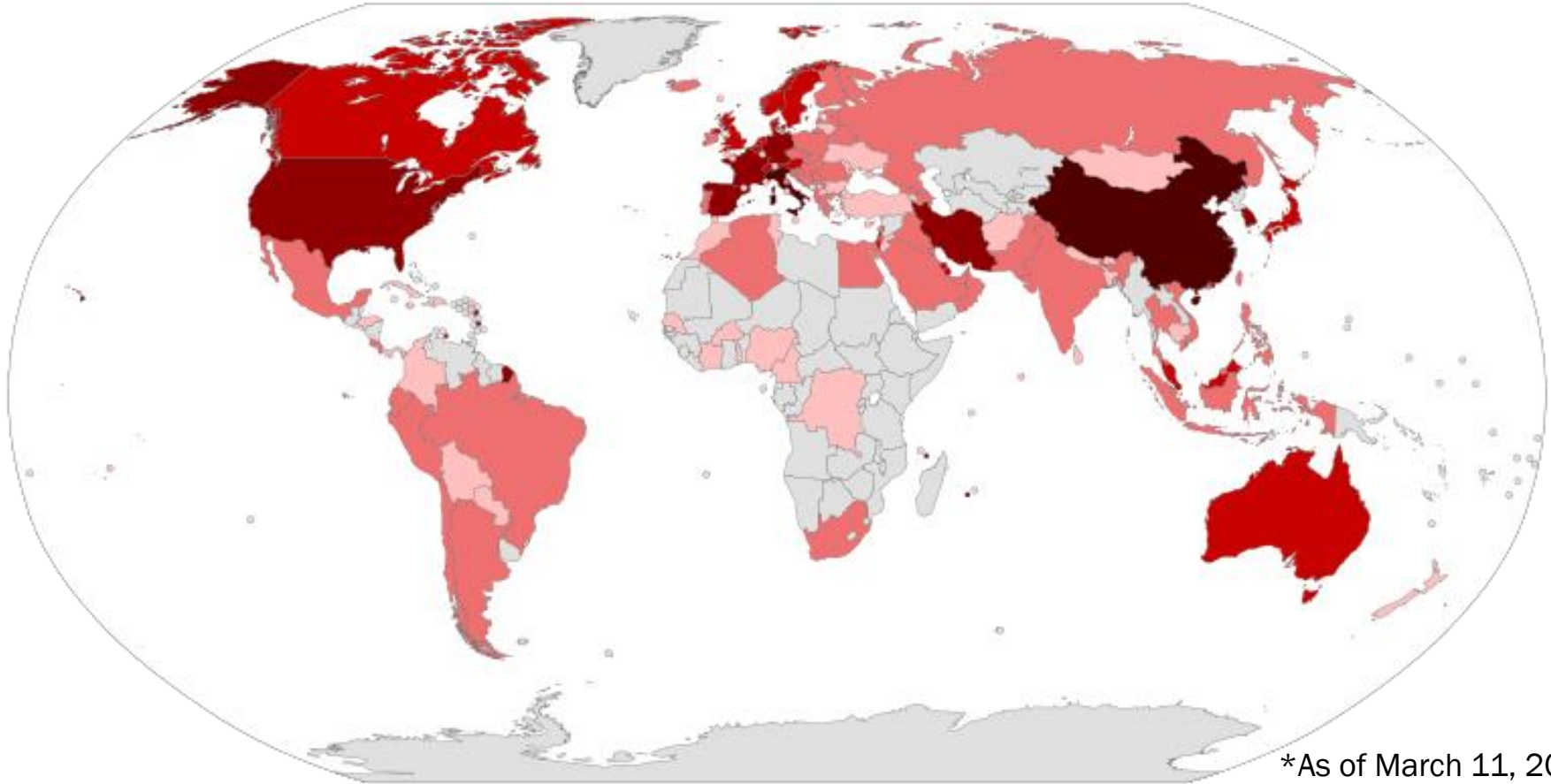
*As of March 11, 2020

	1-9 Confirmed cases		100-999 Confirmed cases
	10-99 Confirmed cases		1000+ Confirmed cases

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Global Travel Risk

*As of March 12, 2020

Widespread sustained spread; restriction on travel to US

Widespread sustained spread

Sustained community spread

Limited community spread

No reported risk level
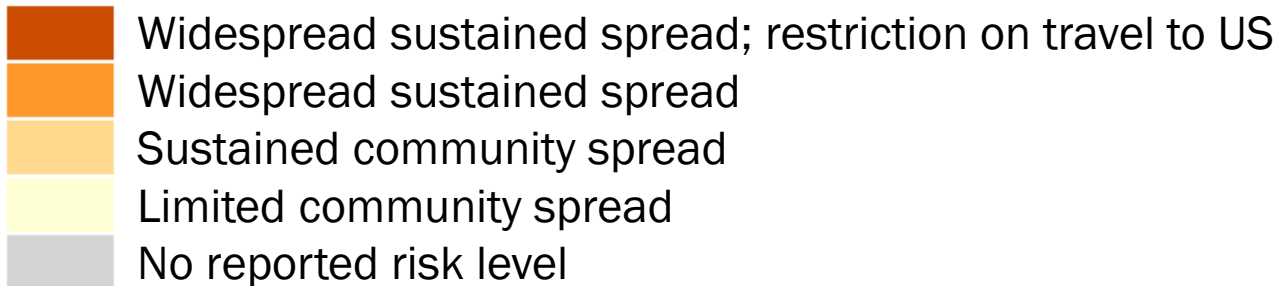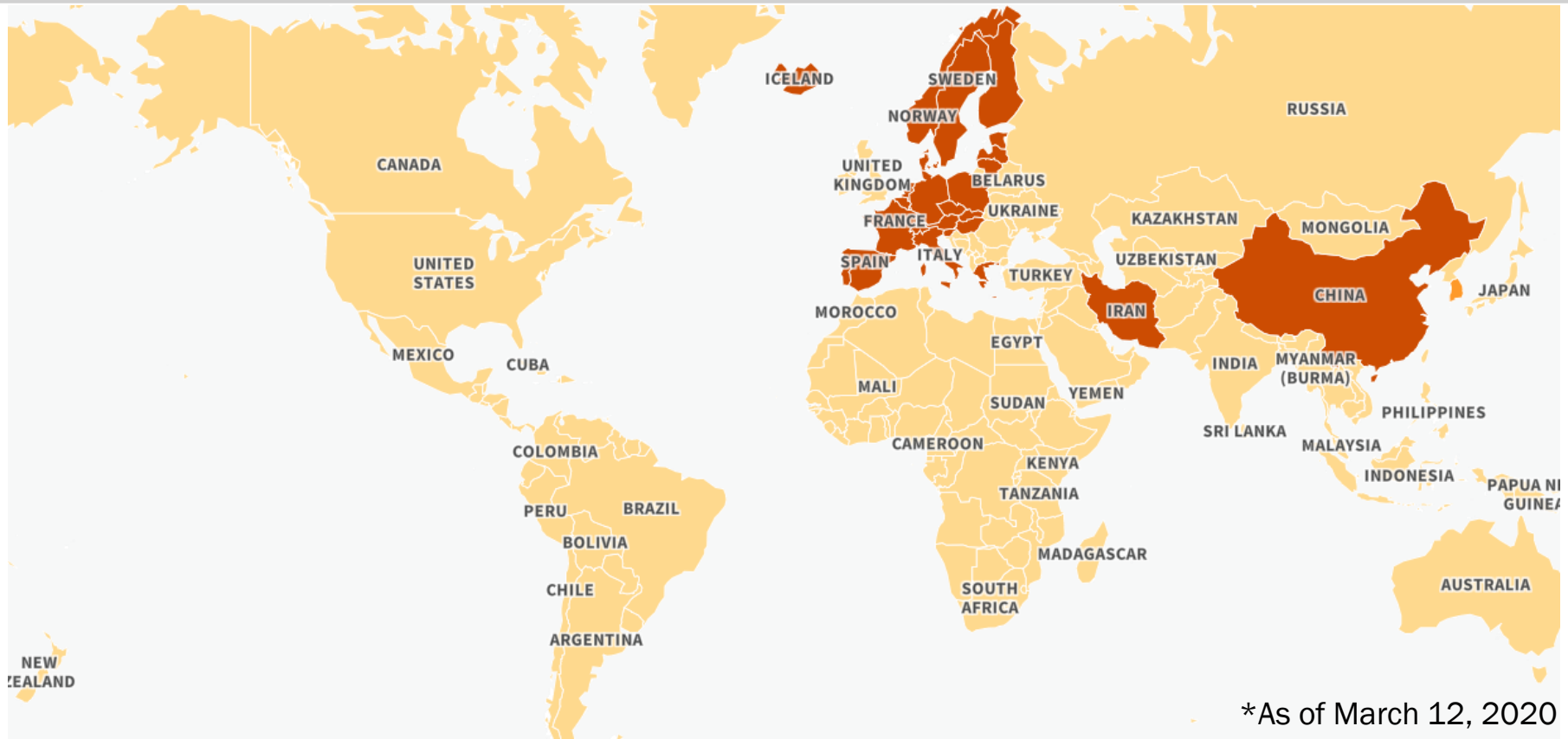
The CDC recommends individuals take caution and limit their travel to regions with higher rates of confirmed COVID-19 cases.

Source: CDC

Mortality Rates by Age and Health Condition

Those who are at the highest risk of complications or death are older populations and individuals with underlying health conditions such as cardiovascular disease, diabetes, respiratory disease, or hypertension.
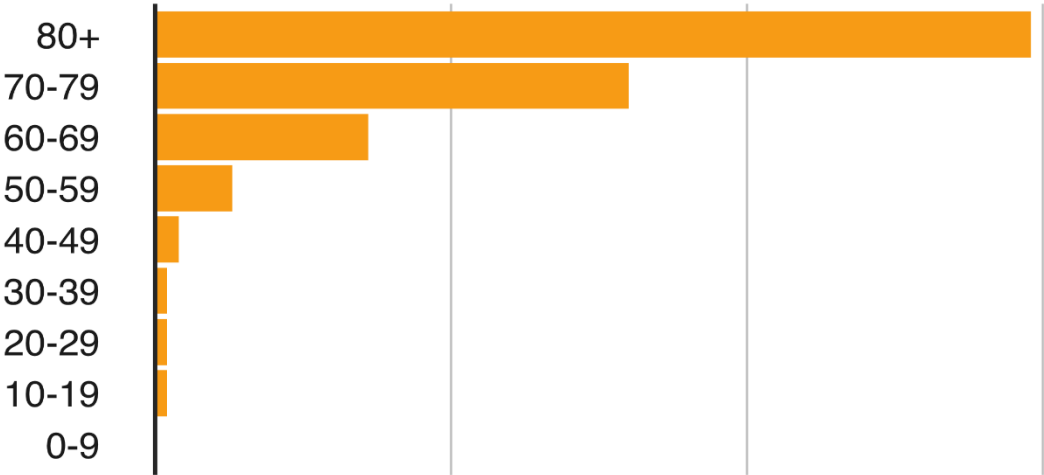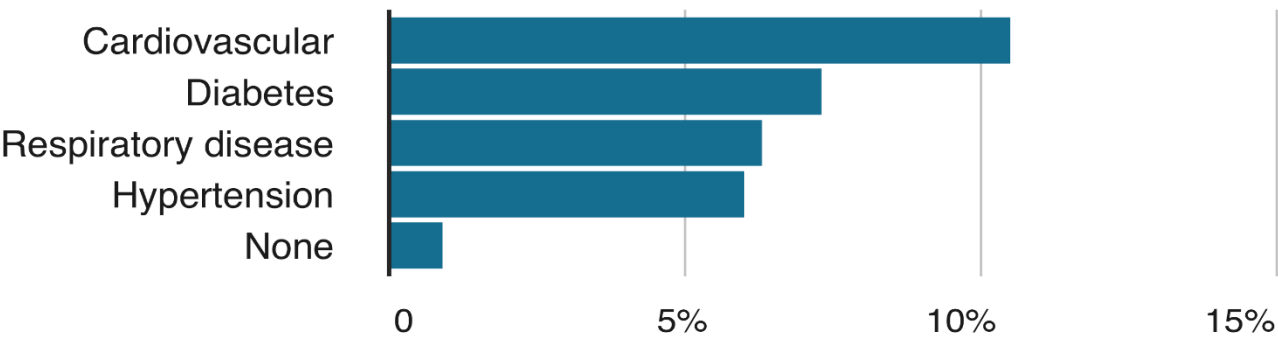
Source: Chinese Centre for Disease Control and Prevention

BBC

COVID-19: What are the Symptoms?

SYMPTOMS

dizziness

runny nose

difficulty breathing

headache

sore throat, cough
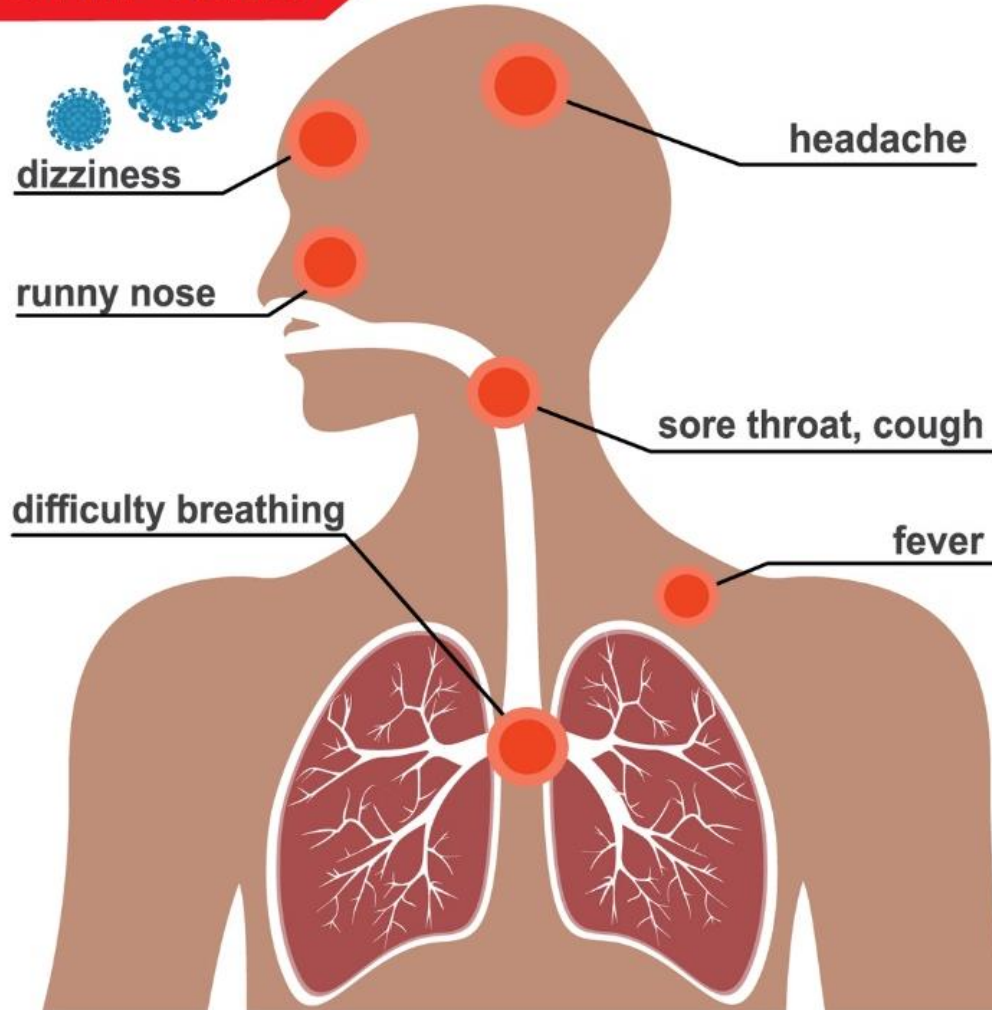
fever

The most common symptoms are:
- Fever
- Dry cough
- Shortness of breath

Severe cases may result in pneumonia; cardiac, liver, or renal failure; and/or death.

Symptoms may appear in as few as 2 days or as long as 14 days after exposure.

COVID-19: How is it Transmitted?

Person-to-Person Spread

- 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
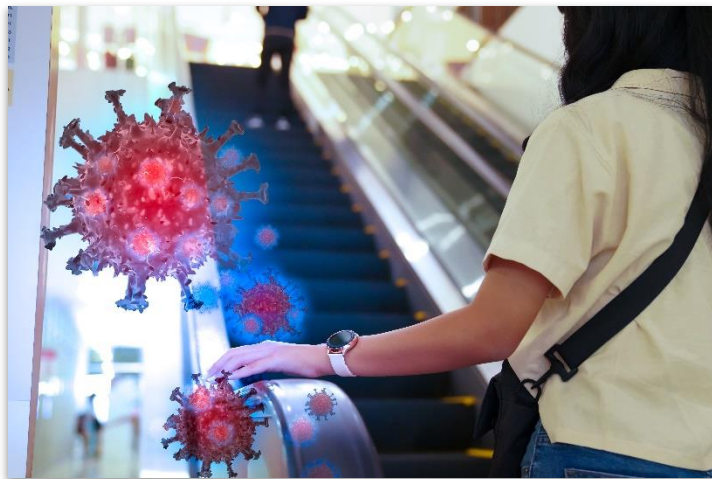
Spread from contact with infected surfaces or objects

- It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

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Source: CDC

Stay At Home when you are sick.

Avoid close contact with people who are sick

Wash your hands at least 20 seconds.

Clean and disinfect frequently touched objects and surfaces

Cover your cough or sneeze with a tissue

Avoid touching Eyes, Nose, & Mouth with unwashed hands.

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Coughing & Sneezing

DON'T
let a cough or sneeze out uncovered.

DO
cover your cough or sneeze with a tissue. Dispose of tissue in closed waste bin.

DON'T
cover your cough with your hands.

DO
cover your cough or sneeze with your elbow, if a tissue is not available.

And remember to always wash your hands as soon as possible following a sneeze or cough.
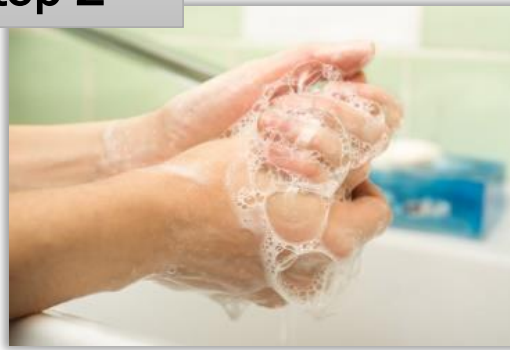
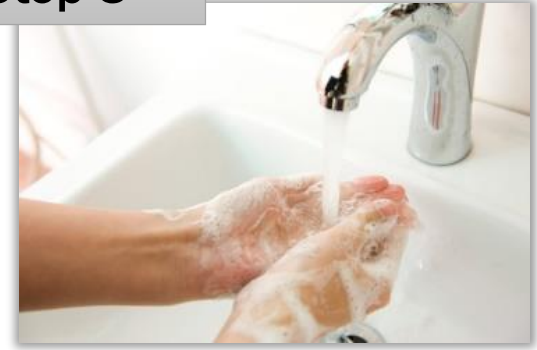# How to Properly Wash Hands

Step 1

Soak hands with water

Step 2

Soap up hands and wash for at least 20 seconds

Step 3

Thoroughly rinse soap off of hands

Step 4

Dry hands with a paper towel

Step 5

Use a dry paper towel to turn water off

https://www.youtube.com/watch?v=3PmVJQUCm4E

Hand Sanitizer

Hand Sanitizer Considerations

- Hand Sanitizer is extremely effective but should not replace washing your hands with soap and water

- Hand sanitizer should have at least 60% alcohol

- Rub hands thoroughly when using hand sanitizer

Use Alcohol Hand Sanitizer...

- If there is no visible soil on your hands

- After contact with another person's skin

- After contact with medical equipment or objects

- Before entering and exiting a public space

- After coughing or sneezing if soap and water is unavailable

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Reminder:
Remember to wash your hands using the soap and water method after frequent use of hand sanitizer as it tends to leave a film on your hands. There is no requirement as to how many times one can use hand sanitizer before washing their hands with soap and water, but frequent hand washing between applications is recommended.

When to Wear a Face Mask

If we always have a face mask on, will it protect us against COVID-19? The answer is **<u>no</u>!**

U.S. Surgeon General - Jerome Adams released a statement on Saturday 2/29/20 stating:

> *"Stop buying masks! They are NOT effective in preventing general public from catching coronavirus (COVID-19). The best way to protect yourself and your community is with everyday preventive actions, like staying home when you are sick and washing hands with soap and water, to help slow the spread of respiratory illness."*

The *U.S. Centers for Disease Control and Prevention* supports the statement that there is no evidence to support wearing face masks as a prevention for respiratory disease contraction.

When should we wear a face mask then?

➢ If you believe you have COVID-19 or any illness or cold, so the mask can prevent the spread of germs to others.

➢ If you are taking care of someone in close settings (at home or in a health care facility) who is being treated for COVID-19.

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Source: CDC

What to do if you develop symptoms?

- **Call ahead to a healthcare professional** if you develop a fever and symptoms of respiratory illness, and have been in close contact with a person known to have COVID-19, or if you live in or have recently traveled to an area with ongoing spread. Do not put others at risk by entering a healthcare facility before notifying them first and allowing precautions to be made.
- **Stay home except to get medical care.** Do not go to work, school, public areas, or use any public transportation or taxi/rideshare service.
- **Separate yourself from other people and animals in your home.**

- **Wear a facemask when in contact with other people or animals.**
- **Cover your coughs and sneezes.**
- **Clean your hands often.**
- **Avoid sharing personal or household items.**
- **Clean all "high-touch" surfaces everyday.**
- **Monitor your symptoms**: seek prompt attention if symptoms worsen. Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19.

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Source: CDC

COVID-19 Updates and Resources

To receive up-to-date information about COVID-19, please refer to the following sources:

CDC Website:

https://www.cdc.gov/coronavirus/2019-ncov/

WHO Website:

https://www.who.int/emergencies/diseases/novel-coronavirus-2019/events-as-they-happen