

COVID-19: BACKGROUND AND SPREAD

Updated as of May 2nd, 2020



Coronavirus Disease 2019 (COVID-19) is the disease caused by the novel coronavirus which originated in Wuhan, China in December 2019.

WHAT IS A CORONAVIRUS?

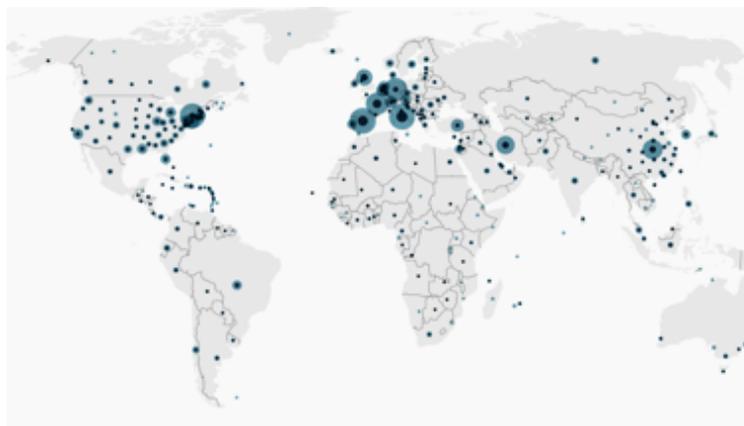
Coronaviruses are a diverse group of respiratory viruses. Some coronaviruses cause mild illnesses, like the common cold, and other (including COVID-19) can cause severe or life-threatening lung disease (1)

HOW DID THE NEW CORONAVIRUS ARISE?

New viral diseases can emerge because of transmission from animals to people. (2)

WHAT IS THE CURRENT SITUATION?

As of May 2nd, 2020, there have been reports of 3,364,535 coronavirus cases worldwide. So far, there have been 1,104,345 cases reported in the United States (3)



Graphic from: <https://coronavirus.jhu.edu/map.html>

HOW DOES COVID-19 SPREAD?

COVID-19 mainly spreads from person to person. When a sick person coughs or sneezes, they can release many tiny droplets. These droplets can be inhaled by someone else if they are within 6ft of the sick person. COVID-19 can also be spread when respiratory droplets land on a surface, such as a doorknob or counter top. If you touch that surface and then touch your mouth, nose, or eyes, you can get sick from the virus (4).

CAN THE VIRUS BE SPREAD THROUGH FOOD?

No. There is no evidence that the virus can be spread on food or food packaging. If you are concerned, you can wash your hands upon returning home and after removing any packaging from your food (5)

CAN THE VIRUS BE SPREAD BY PEOPLE WITHOUT SYMPTOMS?

Yes. Some people may have no or few symptoms but still spread the virus to others (4)

Sources:

1. CDC Frequently Asked Questions. "CDC Frequently Asked Questions," n.d.
2. McIntosh, Kenneth. "UpToDate: Coronavirus Disease 2019 (COVID-19)." UpToDate: Coronavirus Disease 2019 (COVID-19), 2020. <https://www.uptodate-com.ezproxy.galter.northwestern.edu/contents/coronavirus-disease-2019-covid-19#H4014462337>.
3. "Worldometer: COVID19 Coronavirus Pandemic," n.d. <https://www.worldometers.info/coronavirus/>.
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5. Center for Food Safety and Applied Nutrition. Food Safety and the Coronavirus Disease 2019 (COVID-19). U.S. Food and Drug Administration. <https://www.fda.gov/food/food-safety-during-emergencies/food-safety-and-coronavirus-disease-2019-covid-19>. Accessed April 10, 2020.

COVID-19: SYMPTOMS

Common symptoms and what to do if you are sick

Updated as of May 2nd, 2020



WHAT ARE THE MOST COMMON SYMPTOMS?

There is a wide range of symptoms. People with COVID-19 may have cough and shortness of breath. They may also have at least two of the following symptoms: fever, chills, sore throat, new loss of taste or smell, repeated shaking with chills, headache, and muscle pain (1).

WHEN DO SYMPTOMS BEGIN?

Symptoms usually start 4-5 days after getting the virus, but they can start anywhere from 2-14 days after exposure to the virus (1).

HOW SICK DO PEOPLE GET?

Most people with COVID-19 will get mildly sick. This means they will have either no symptoms or flu-like symptoms, including cough and fever. Less than 20% of people will get very sick and require treatment in the hospital (2).

WHAT SHOULD I DO IF I HAVE SYMPTOMS?

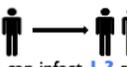
If you have a fever and/or a cough and think you may have COVID-19, call your doctor or nurse. If you are having trouble understanding your symptoms, you can use the CDC symptom self-checker (1):

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

WHEN SHOULD I GO TO THE ER?

If you have emergency symptoms, such as increased difficulty breathing, persistent pain or pressure in your chest, new confusion, or bluish lips or face, you should go to the emergency room (3).

COVID-19 IS NOT "JUST LIKE THE FLU"

	Seasonal Flu	Covid-19
How contagious is Covid-19 compared to the flu?	 1 person can infect 1.3 people	 1 person can infect 2-2.5 people
How many days until you start to feel sick?	Exposure → 1 - 4 Days → Symptoms	Exposure → 2 - 14 Days → Symptoms
How many people are hospitalized?	2%	19%
How deadly is Covid-19 compared to the flu?	0.1% (or less) of people die	0.5-4%* of people die
How do common symptoms compare?	Fever, cough, fatigue, body aches	Fever, cough, fatigue, shortness of breath, other breathing problems

Sources:

1. Symptoms of Coronavirus. Centers for Disease Control and Prevention. <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>. Published March 20, 2020. Accessed May 1, 2020.

2. Wu Z, McGoogan JM. Characteristics of and Important Lessons From the Coronavirus Disease 2019 (COVID-19) Outbreak in China: Summary of a Report of 72 314 Cases From the Chinese Center for Disease Control and Prevention. JAMA. 2020;323(13):1239-1242. doi:10.1001/jama.2020.2648

3. CDC What to Do If You Are Sick. "CDC What to Do If You Are Sick," n.d. <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>.

4. Vox: Covid-19 is not the flu. It's worse. "Vox: Covid-19 Is Not the Flu. It's Worse.," n.d. <https://www.vox.com/science-and-health/2020/3/13/21176735/covid-19-coronavirus-worse-than-flu-comparison>.

COVID-19: TREATMENT AND MANAGEMENT

Updated as of May 2nd, 2020



WHAT CAN I DO IF I GET SICK AT HOME?

Be sure to get lots of rest and drink water or a sports drink to stay hydrated. This will give your body the best chance to fight off the virus. Stay in contact with your doctor. Your health care provider can tell you which medications to take for fever reduction or pain relief, if you need it. Your doctor may recommend you get tested or go to the emergency department. As much as possible, stay in a specific room and away from others in your home. Avoid sharing personal items with anyone else and use a separate bathroom if available. Wash your hands often. (1)

WHAT WILL HAPPEN IF I GO TO THE HOSPITAL?

When you arrive at the hospital you will likely be asked to wear a mask. The healthcare professionals caring for you will be wearing gowns, masks, eye protection and gloves. You may be asked to stay isolated in a special room. These procedures are in place to prevent the spread of the virus to others. In the hospital you may receive IV fluids, X-rays, CT scans, blood tests, oxygen through the nose, or a tube down your throat to help your lungs recover. You will likely not be able to have friends or family visit during your stay in the hospital. (2)

ARE THERE ANY TREATMENTS FOR COVID-19?

At this time, there are no established treatments that are both effective and safe for curing COVID-19. Most treatment is focused on supportive care that helps manage your symptoms while your body tries to recover. Many treatments are currently being tested. (3)

It is very important to NOT take any medications that are not prescribed to you, as these can be very dangerous and even cause death.

IS THERE A VACCINE FOR COVID-19?

At this time there is no vaccine for COVID-19. There are many vaccines that are currently being tested, and more information will be available as soon as possible (3).



Sources:

1. CDC What to Do If You Are Sick. "CDC What to Do If You Are Sick," n.d. <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>.
2. CDC: 10 Ways to Manage Respiratory Symptoms at Home. "CDC: 10 Ways to Manage Respiratory Symptoms at Home," n.d. <https://www.cdc.gov/coronavirus/2019-ncov/downloads/10Things.pdf>.
3. "CDC COVID19 Therapeutic Options," n.d. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/therapeutic-options.html>.

COVID-19: PREVENTION

How can I keep myself safe?

Updated as of May 2nd, 2020



HOW CAN I PROTECT MYSELF AGAINST COVID-19?

Wash your hands with soap and water often and after being in public, touching other people or surfaces, or after blowing your nose, coughing, or sneezing. Cover your coughs and sneezes. Avoid touching your eyes, mouth, and nose with unwashed hands. Avoid crowds and close contact with people, especially if they are sick. (1)

SHOULD I WEAR A MASK?

New information about the virus suggests that people can spread the virus without feeling sick. For this reason, the CDC now recommends that you wear a cloth face covering in public settings. These cloth face coverings can be homemade from easy to find materials. The CDC does not recommend you to wear surgical masks or N95 respirators if you are not working as a health care professional. (1)

WHAT IS THE BEST WAY TO WASH MY HANDS?

Rub your hands with soap and water for at least 20 seconds. Clean your wrists, fingernails, and in-between your fingers. Rinse your hands and dry them with a disposable paper towel. If your hands are not visibly dirty, you can use a hand gel that is at least 60% alcohol. (2)

AM I AT A HIGH RISK OF GETTING VERY SICK?

You may be at a higher risk for severe illness if you are any of the following:

- Over the age of 65 years old
- Living in a nursing home or long-term care facility
- Have chronic lung disease or moderate to severe asthma
- Have a serious heart condition
- Are immunocompromised
- Are severely obese (BMI >40)
- Have diabetes
- Have chronic kidney disease or are undergoing dialysis
- Have liver disease

If you are high-risk be sure to take extra precautions and stay in contact with your doctor (3).

WHAT SHOULD I DO DURING SOCIAL DISTANCING?

Stay in your home as much as possible. Only leave to seek medical attention, buy groceries, take a walk, exercise, or walk your pet. Stay 6ft away from anyone around you. Do not socialize with anyone who is not a member of your immediate household. Follow your local ordinances about school and work closures.

Sources:

1. "CDC: How It Spreads," n.d. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>

CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Ftransmission.html

2. McIntosh, Kenneth. "UpToDate: Coronavirus Disease 2019 (COVID-19)." UpToDate: Coronavirus Disease 2019 (COVID-19), 2020. <https://www.uptodate.com.ezproxy.galter.northwestern.edu/contents/coronavirus-disease-2019-covid-19#H4014462337>.

3. CDC People Who Need Extra Precautions. "CDC People Who Need Extra Precautions," n.d. <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html>.

COVID-19: STAYING HEALTHY

Updated as of May 2nd, 2020



HOW CAN I EAT WELL DURING QUARANTINE?

Try to eat a variety of fresh and healthy options. Make a menu for the day or week to plan your meals. Look for food low in salt, saturated fat, and added sugars if possible. Recognize and avoid boredom and stress eating.

HOW CAN I STAY PHYSICALLY ACTIVE?

Walk, run, or bike outside while maintaining a 6ft distance from anyone around you. Many gyms and instructors are offering free virtual classes. Try in-home activities such as yoga, pilates, body-weight workouts, and meditation.

I'M FEELING ANXIOUS. WHAT CAN I DO?

Focus on what you can control. Schedule enjoyable activities such as exercise, outdoor breaks, journaling, reading, etc.

Use trusted resources to stay informed such as the CDC, WHO, public health officials. Try to limit media exposure that may reinforce anxiety or fear. Find a media consumption schedule that works for you.

Stay connected to family and friends. Explore various virtual options, such as phone calls and video chats, to stay supported.

WHAT ARE SIGNS OF STRESS AND ANXIETY?

Physical reaction include sleeping issues, difficulty relaxing or concentrating, irritability, feelings of numbness, changes in energy level or appetite and more. You may also experience a worsening of chronic health conditions.

Emotional reactions include sadness, guilt, fear, anger, and mood swings.

Other signs include increased use of alcohol, tobacco, or other drugs.

WHAT RESOURCES ARE AVAILABLE IF I NEED HELP?

Illinois Department of Public Health
Chicago Office: (312)-746-4835 or
coronavirus@chicago.gov

NAMI Chicago Mental Health
Counselors: (833)-626-4244

National Suicide Prevention Lifeline:
(800)-273-8255

Free mental health mobile apps:
Headspace, Youper, Moodpath,
Woebot, Ten Percent Happier

COVID-19 BEST PRACTICES

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HOW DO I SHOP FOR GROCERIES AND OTHER NECESSITIES?

While shopping, wipe down your cart or basket. Place all items in bags. Be sure to maintain a two-cart distance from other shoppers. Limit grocery store visits to once ever 1-2 weeks. Consider delivery and pick-up options. If you are high-risk, ask if your store has special hours for you to shop with fewer people around. At home, clean off plastic covers and packaging before bring them into the house.

WHAT SHOULD I HAVE ON HAND?

Aim for a 2-3 week supply of non-perishables, such as beans, rice, pasta, canned items, or frozen vegetables and fruits. Please do not hoard toilet paper, masks, or hand sanitizers. Check that you have 2-3 weeks of pet supplies including medication and food.

Keep a 90-day supply of prescription medication and a two week supply of over the counter medicines. Keep a first-aid kit to treat minor injuries at home. (1)



WHAT SHOULD I CLEAN AND HOW?

Routinely clean frequently touched surfaces such as tables, doorknobs, light switches, toilets, sinks, and electronics. Use soap and water followed by an EPA-registered household disinfectant. Wear disposable gloves when cleaning surfaces.

Clean laundry with soap and water with the warmest appropriate water setting. Clean and disinfect clothes hampers in between use. (2)

WHAT SHOULD I DO IF I AM WORKING FROM HOME?

Create a daily routine. Keep a consistent place to work. Have transitions in and out of work. Take breaks for food, mental breaks, and socialization with co-workers, just as you would at work or school.

Set ground rules with others in your house, your co-workers, and supervisors. Try to not let work spill into personal time. Set aside time to relax and do things you enjoy.

Sources:

1 CDC COVID19 Household Checklist. "CDC COVID19 Household Checklist," n.d. <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/checklist-household-ready.html>.
2. McIntosh, Kenneth. "UpToDate: Coronavirus Disease 2019 (COVID-19)." UpToDate: Coronavirus Disease 2019 (COVID-19), 2020. <https://www.uptodate.com.ezproxy.galter.northwestern.edu/contents/coronavirus-disease-2019-covid-19#H4014462337>.

COVID-19: TERMS TO KNOW

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SOCIAL DISTANCING

What it means: keeping at least a 6ft distance between you and anyone not living in your household.

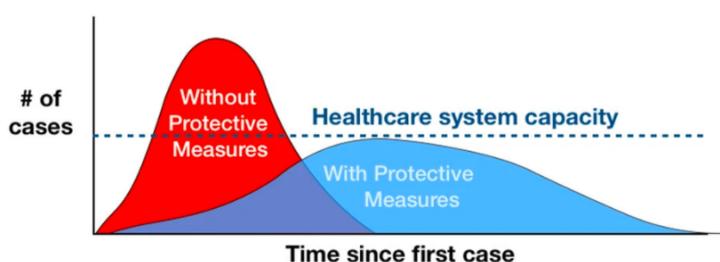
Six feet is the length of two grocery carts, the length of a mattress, or the width of an average car.

Who it applies to: *everyone!*

FLATTEN THE CURVE

What it means: practicing social distancing to slow new cases of the virus so that our health care facilities will not be overwhelmed

Who it applies to: *everyone!*



Adapted from CDC / The Economist

Graphic from: <https://www.nytimes.com/article/flatten-curve-coronavirus.html>

ISOLATION

What it means: Staying away from anyone who is not infected to prevent the spread of the virus

Who it applies to: People who are confirmed to have the virus

QUARANTINE

What it means: Staying at home and away from anyone else (even those in your household).

Who it applies to: People returning from an area where the virus has been spreading rapidly, anyone who has been exposed to an infected person, anyone who is showing COVID-19 symptoms

SHELTER IN PLACE

What it means: stay indoors and don't have contact with anyone outside of your immediate household except for essential, life-sustaining activities such as grocery shopping or seeking medical care

Who it applies to: high-risk individuals, anyone under government (city or state) mandates



COVID-19 SOURCES



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BACKGROUND AND SPREAD

1. CDC Frequently Asked Questions. "CDC Frequently Asked Questions," n.d.
2. McIntosh, Kenneth. "UpToDate: Coronavirus Disease 2019 (COVID-19)." UpToDate: Coronavirus Disease 2019 (COVID-19), 2020. <https://www.uptodate-com.ezproxy.galter.northwestern.edu/contents/coronavirus-disease-2019-covid-19#H4014462337>.
3. "Worldometer: COVID19 Coronavirus Pandemic," n.d. <https://www.worldometers.info/coronavirus/>.
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SYMPTOMS

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PREVENTION

1. "CDC: How It Spreads," n.d. https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Ftransmission.html.
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3. CDC People Who Need Extra Precautions. "CDC People Who Need Extra Precautions," n.d. <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html>.

BEST PRACTICES

1. CDC COVID19 Household Checklist. "CDC COVID19 Household Checklist," n.d. <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/checklist-household-ready.html>.
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