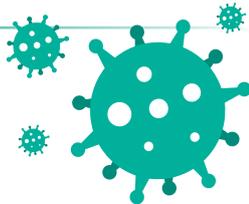


## TOP 10 THINGS TO KNOW ABOUT COVID-19

1

### BASIC FACTS

- COVID-19 is a disease caused by severe acute respiratory syndrome coronavirus-2 (SARS-CoV-2)<sup>1</sup>
- COVID-19 symptoms can range from none to severe illness<sup>3</sup>
- Several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS)<sup>5</sup>



2

### HOW IT SPREADS

- The coronavirus that causes COVID-19 is primarily spread from person to person<sup>3</sup>
- You can become infected by coming into close contact with a person who has the virus<sup>3</sup>
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks<sup>3</sup>
- You may also be able to get it by touching a surface or object that has the virus on it, and then touching your mouth, nose, or eyes<sup>3</sup>



3

### TIME IT TAKES AFTER EXPOSURE TO DEVELOP SYMPTOMS

- The time between exposure to the virus and the moment when COVID-19 symptoms may start is thought to be around five to six days but can range from **1 – 14 days**<sup>5</sup>
- There is currently no vaccine to protect against COVID-19<sup>5</sup>
- There is evidence that even persons with mild to no symptoms may also spread the virus<sup>2</sup>



4

### SIGNS and SYMPTOMS

Symptoms can be mild to severe, based on the following:

#### Mild

- Fever
- Chills
- Sore throat
- Dry cough
- Shortness of breath or difficulty breathing
- Headache
- Nasal congestion
- Tiredness
- Muscle pain
- New loss of taste or smell

#### Severe symptoms that require medical attention immediately include the following:

-  Shortness of breath or difficulty breathing
-  Persistent pain or pressure in chest
-  Disoriented - sudden confusion
-  Bluish, grayish or whitish colour to lips or face (depending on skin tone)

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

5

### PROTECTING YOURSELF AND OTHERS

The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19:

- Stay home as much as possible and avoid close contact with others by practicing social distancing.
- Wear a mask or cloth face covering that covers your nose and mouth in public settings.
- Cover your cough with the bend of your elbow or tissue. If a tissue is used, discard it immediately and wash your hands.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



## TOP 10 THINGS TO KNOW ABOUT COVID-19

6

### WHO IS AT RISK

- Older adults
- People of any age who have serious underlying medical conditions (e.g., Hypertension, Diabetes, Heart disease, Respiratory disease and others)
- Males are shown to have a slightly higher risk than females and greater severity in symptoms

7

### PREVENTING SPREAD IF YOU ARE SICK



- Stay home if you are sick and separate yourself from other people and pets in your home
- Avoid sharing personal household items<sup>6</sup>:
  - Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
  - Wash these items thoroughly after using them with soap and water or put in the dishwasher.
- Clean and disinfect areas that may have blood, stool, or body fluids on them:
  - Use household cleaners and disinfectants. Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
- Seek medical care if you need advice on how to relieve your symptoms. Call ahead, or use telemedicine.

8

### SURVIVAL TIME ON SURFACES



- Studies have shown that the COVID-19 virus can survive for up to **72 hours on plastic and stainless steel, less than 4 hours on copper and less than 24 hours on cardboard**<sup>5</sup>
- Coronavirus can easily be removed from surfaces with common household disinfectants<sup>5</sup>
- Wear a face mask and gloves during cleaning
- Always clean your hands with an alcohol-based hand rub or wash them with soap and water for at least 20 seconds. Avoid touching your eyes, mouth, or nose<sup>5</sup>

9

### WHEN AND HOW TO WEAR A MASK OR FACE COVERING



- If you are infected, the use of mask or face covering may reduce the risk of you infecting other people<sup>3</sup>
- Wear a mask or face covering in **public settings** where other social distancing measures are difficult to maintain (e.g., grocery stores, pharmacies, public transportation) especially in areas of significant community-based transmission<sup>6</sup>
- Before putting on a mask or face covering, clean hands with alcohol-based hand rub or soap and water<sup>5</sup>
- **Cover mouth and nose** with mask or face covering and make sure there are no gaps between your face and the mask<sup>5</sup>
- Avoid touching the mask or face covering while using it; if you do, clean your hands with alcohol-based hand rub or soap and water<sup>5</sup>
- Replace the mask or face covering with a new one as soon as it is damp or visibly soiled and do not re-use single-use masks<sup>5</sup>
- To remove the mask or face covering: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water<sup>5</sup>.

10

### CURRENT TREATMENTS AND VACCINES



- Scientists around the world are working on potential treatments and vaccines for COVID-19<sup>5</sup>
- There is currently no vaccine for COVID-19 and treatments are symptoms based<sup>4</sup>
- Further research is still needed to determine if convalescent plasma (from patients who have recovered from COVID-19) may be a safe and effective treatment<sup>8</sup>
- Current clinical management includes infection prevention and control measures and supportive care, including supplemental oxygen and mechanical ventilatory support when indicated<sup>7</sup>
- The best protection currently is to continue to work on the **steps to prevent spread and exposure listed in number 5**

#### References:

1. Zhou M, Zhang X, Qu J. Coronavirus disease 2019 (COVID-19): a clinical update [published online ahead of print, 2020 Apr 2]. *Front Med*. 2020;1–10. doi:10.1007/s11684-020-0767-8
2. European Centre for Disease Prevention and Control. Infection prevention and control for COVID-19 in healthcare settings. Second update, 31 March 2020.
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7. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/therapeutic-options.html>
8. <https://www.fda.gov/emergency-preparedness-and-response/coronavirus-disease-2019-covid-19/donate-covid-19-plasma>

Please Note: Given the novelty of this coronavirus, recommendations from the source references are interim and advisory in nature and are based on current knowledge of the situation. Always ensure compliance with your local public health authorities for the latest information regarding the COVID-19 pandemic.