

## **Coronavirus Disease 2019 (COVID-19)** **“SARS-CoV-2”**

### Spreading of Virus

- Close contact with infected person (within about 6 feet).
- Respiratory droplets produced when an infected person coughs or sneezes.
- People are thought to be most contagious when they are most symptomatic (the sickest).
- Some spread might be possible before people show symptoms; there have been reports of this occurring with this new coronavirus, but this is **not thought to be the main way** the virus spreads.
- 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.
- COVID-19 might be spread through the airborne route, meaning that tiny droplets remaining in the air could cause disease in others even after the ill person is no longer near

### Situation in US

- Imported cases of COVID-19 in travelers have been detected in the U.S.
- Person-to-person spread of COVID-19 was first reported among close contacts of returned travelers from Wuhan.
- During the week of February 23, CDC reported community spread of the virus that causes COVID-19 in California (in two places), Oregon and Washington. Community spread in Washington resulted in the first death in the United States from COVID-19, as well as the first reported case of COVID-19 in a health care worker, and the first potential outbreak in a long-term care facility.

### Severity

- The complete clinical picture with regard to COVID-19 is not fully understood. Reported illnesses have ranged from mild to severe, including illness resulting in death. While information so far suggests that most COVID-19 illness is mild, there is a report out of China that suggests serious illness occurs in 16% of cases. Older people and people with certain underlying health conditions like heart disease, lung disease and diabetes, for example, seem to be at greater risk of serious illness.

### Current Risk Assessment

- The immediate health risk from COVID-19 is considered low for most of the American public at this time.
- People in communities where ongoing community spread with the virus that causes COVID-19 has been reported are at elevated, though still relatively low risk of exposure.
- Healthcare workers caring for patients with COVID-19 are at elevated risk of exposure.
- Close contacts of persons with COVID-19 also are at elevated risk of exposure.
- Travelers returning from affected international locations where community spread is occurring also are at elevated risk of exposure.

### Clinical Presentation

- Incubation is 4-7 days

(SOURCE: Elisabeth (Lisa) J Haller, MD - Medical Director/MRO, Medical Analysis (March 12, 2020)

- Signs and Symptoms include:
  - Fever (83-98%)
  - Cough (46-82%)
  - Myalgia or Fatigue (11-44%)
  - Shortness of Breath (31%)
  - Sore throat in some patients
  - Occasionally Diarrhea
- Severity is worse in elderly and patients with comorbidities

## Prevention

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.
  - CDC **does not** recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
  - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
  - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

## Treatment

- There is no specific antiviral treatment recommended for COVID-19. People with COVID-19 should receive supportive care to help relieve symptoms. For severe cases, treatment should include care to support vital organ functions.

## Coronavirus vs Influenza

- **COVID-19:** Approximately 92,818 cases worldwide; 118 cases in the U.S. as of Mar. 4, 2020.
- **Flu:** Estimated 1 billion cases worldwide; 9.3 million to 45 million cases in the U.S. per year.
- **COVID-19:** Approximately 3,254 deaths reported worldwide; 11 deaths in the U.S., as of Mar. 4, 2020.
- **Flu:** 291,000 to 646,000 deaths worldwide; 12,000 to 61,000 deaths in the U.S. per year.
- **COVID-19:** Only a tiny fraction of infected people do not show symptoms and that they do not seem to be accounting for much transmission
- **Flu:** People who have been infected with influenza but are not yet showing symptoms drive a lot of the spread of that virus.
- **Covid-19** generally appears to lead to more severe disease than seasonal **flu** strains, in part because people have no immune protection against the new virus