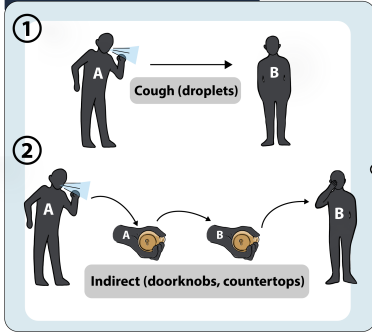


How can you get it?



Isn't this like the flu?

No! because...

	Case fatality rate	How many people get severe disease?	Time from infection to symptoms	FDA-approved treatments?
Influenza	~0.1%	98.2% Mild, 1.8% Severe, 0.27% Critical	Ranges from 1 - 4 days (average 2 days)	YES
COVID-19	0.5-1.5% (up to 15x more likely to die if patient has COVID-19)	Low oxygen levels, Lungs falling, Blood pressure ↓↓	Ranges from 2 - 14 days (average 5 days)	NO

What are the symptoms?

Most common symptoms:

- Fever + Cough
- Fatigue, Muscle aches
- Shortness of breath, Diarrhea
- Runny nose, Headache, Sore throat

Who is at risk of severe illness?

Elderly + those with other illnesses

- Coronary artery disease
- Lung conditions
- Kidney disease
- High blood pressure
- Diabetes
- Weak immune system
- Cancer
- Obesity

The elderly have a much higher risk of dying from COVID-19

Source: Business Insider

Who is getting infected?

Includes young, healthy, asymptomatic people!

Many more young people (age 20-29) tested positive for COVID-19 in South Korea (where testing was done for many asymptomatic people) vs in Italy (where testing was restricted to those with symptoms).

This suggests that many young people may be asymptomatic while still carrying and spreading the virus!

Source: Medium (Andreas Backhaus)

What if I feel sick?

I feel sick... what do I do?

- Call your doctor for advice
- If you don't have a doctor, contact your local board of health
- Do not seek care at an emergency department unless you have severe symptoms
- If going to the emergency department, call to let the staff know in advance, so they can prepare for your arrival

Includes... High or very low temperature, Shortness of breath, Confusion, Feeling like you might pass out

Source: Harvard Health Publishing

How do I best prevent the spread?

Hand hygiene

- Soap + water, 20 sec
- If unavailable, use alcohol-based sanitizer (at least 60% alcohol)

Surface disinfection

Counters, tabletops, doorknobs, phones, keyboards, etc.

Social distancing

Includes... At least 6 ft (2 m) between yourself and others and Avoid large groups of people

Should I wear a mask? Only if you are having respiratory symptoms (cough, shortness of breath)!

What is "social distancing"?

What is OK? What is not?

AVOID	CAUTION	SAFE
<ul style="list-style-type: none"> Group gatherings Sleepovers Playdates Concerts Theater outings Athletic events Crowded retail stores Malls Non-essential travel Bars and restaurants 	<ul style="list-style-type: none"> Grocery shopping Pick up/delivery of food Medication pick-up Playing tennis in a park Essential travel Visitors in your home Mass transit 	<ul style="list-style-type: none"> Taking a walk/hike Yard work Reading a book Listening to music Going for a drive Group video chats Call or text a friend Call or text an elderly neighbor

Why is it important?

Because it protects you, protects others, and gives our healthcare force the best chance to combat COVID-19!

NO steps taken to reduce the spread

When steps are taken to limit the spread, FEWER new cases develop over a LONGER period of time

Adapted from: County of Los Angeles Public Health

Adapted from the Centers for Disease Control