

COVID-19

# Quick Facts 1

- COVID-19 stands for Corona Virus Disease, 2019.
- AKA SARS-CoV-2.
- Highly contagious.
- Incubation 2-15 days.
- Range of very mild to very serious symptoms in those infected. Most common symptoms reported are fever and persistent cough.
- Estimated fatality rate of 2% (as opposed to Influenza virus, which is 0.1%).

# Quick Facts 2

- Main mode of transmission: respiratory droplets.
- Dz much less severe in children <10.
- Those who are >60 yrs and those with comorbid conditions are at higher risk for severe dz. These need to be protected.
- Testing in U.S. was centralized; will eventually increase and become widely distributed.
- PCR NAAT test is very specific (can detect virus if it is there), but lacks NPV, meaning it does not rule out the dz, sensitivity 75%. If test is negative, you could still have it.

# COVID-19 in the Community

- Identify (increase supply of tests)
- Quarantine
- Social Distancing
  
- Suspect anyone with acute respiratory illness.
- Resources are limited.

# Flattening the Curve

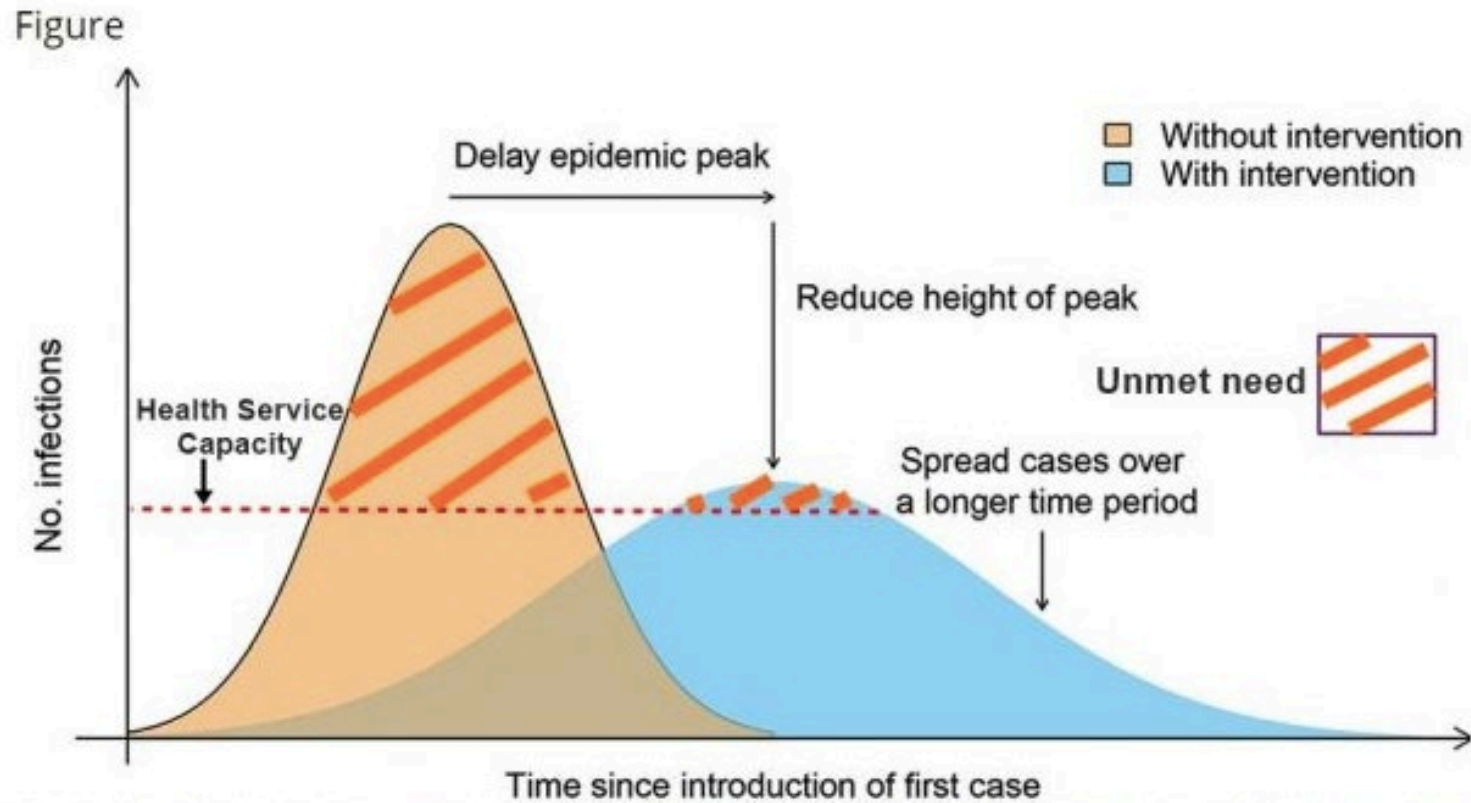


Figure. Intended impact of social distancing measures as nonpharmaceutical interventions for an influenza pandemic. Adapted from similar diagrams in the European Centre for Disease Prevention and Control Technical Report (3) and the Centers for Disease Control and Prevention Guidance Report (4).

Source: Australian Government Department of Health.

# COVID-19 in the Home

- Frequent, deliberate handwashing x 20 secs: soap/water or >60% ETOH product.
- Wear PPE (sick person and/or those around them).
- Spread among close contacts (<6 feet) via resp droplets.
- Lasts hours to days on surfaces.
- Use Gloves, good ventilation, change clothes, lower the toilet lid for flushing.
- In houses with sick person, daily clean and disinfect high-touch surfaces in “household common areas” (see CDC website).
- Sick person should stay in specific sick room.
- Take Tylenol, not Advil.

# COVID-19 in the Home

1. This virus may last longer on surfaces and in certain temperatures outside the human body- how might the immense surface areas inside our homes be part of the pandemic, and of the solution?

- Can last days on surfaces, which is why CDC recommends daily disinfecting of common areas.
- The virus seems to do better in colder weather, but at this time, it is not known whether warm weather will affect the outbreak.

2. What side effects are hand sanitizer and disinfectants having on your body and the air you breathe at home?

- Misuse, as it is >60% ETOH, especially as it will be harder to buy alcohol.
- Ingestion by children: eye irritation, vomiting, abdominal pain, acidosis.
- Topical use can cause skin dryness, irritation; can use moisturizing creams to avoid this.

# COVID-19 in the Home

3. Where is this virus traveling, and how do your home's airborne particles, filtration methods, and air circulation patterns affect it?

- Respiratory droplets can travel far, average of 6 feet.
- Air filters can trap virus up to 9 days.

4. When do respirators actually work, and when are they irrelevant?

- Patients should wear a respirator. Caretakers of patients should wear a respirator. Currently, CDC does not recommend wearing them in the community.



# COVID-19 in the Home

5. Why have we quarantined all 'low-risk' and 'high-risk' people simultaneously, and what's the cost to our economy and society?

- Many at low risk who get coronavirus have mild or no symptoms. Those people could easily pass it to those who are at high risk, causing severe sickness and even death.
- Cost and recovery are yet to be seen . . . .

# Resources

- UW Medicine COVID-19 Resource page
- WHO Coronavirus Resources
- CDC Coronavirus Resources
- Critical Matters Podcast
- Current COVID-19 numbers:  
<https://coronavirus.jhu.edu/MAP.HTML?fbclid=IwAR3c4gPJ91e7JoqeDNV-K98nRHhciLcsf1RCMhR2vr5k132Gn0A9UxbKDbM>
- Soaps and Disinfectant list: <https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf>
- <https://www.health.gov.au/news/australian-health-protection-principal-committee-ahppc-coronavirus-covid-19-statement-on-17-march-2020>