COVID-19 Fast Facts:

GUARDIAN NURSES® Healthcare Advocates
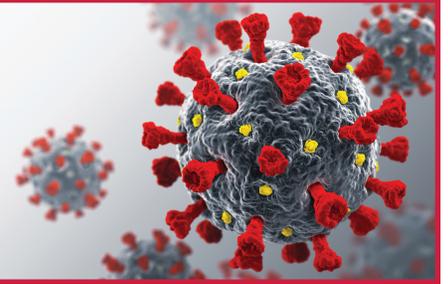
What is COVID-19?

- **COVID-19** is the name that the World Health Organization gave, on February 11, 2020, to the disease caused by the novel coronavirus (SARS-CoV-2).
- **There are many types of human coronaviruses,** including some that cause the common cold.

What are the symptoms of COVID-19?

COVID-19 is primarily a respiratory disease and the spectrum of infection with this virus can range from people with very mild, non-respiratory symptoms to severe acute respiratory illness, sepsis with organ dysfunction and death. Some people infected have reported no symptoms at all. The symptoms are similar in children and adults but the frequency varies between both groups.

These symptoms include fever, cough, shortness of breath or difficulty breathing, chills, fatigue, muscle or body aches, new loss of taste or smell, or sore throat.
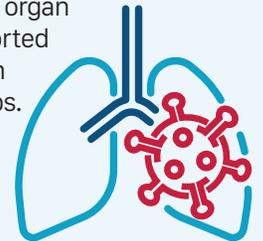
How does the virus spread?

- **Transmission can occur directly — mainly from person to person** through droplets produced by an infected person's cough, sneeze, or talking. When these droplets are breathed in or land in the mouths, noses, or eyes of other people the virus can be spread.
- **Indirect transmission occurs by contact with surfaces** in the immediate environment or with objects used on or by the infected person (i.e., stethoscope, thermometer, toys).
- **The virus is more likely to be spread when one is in close contact with an infected person** (within about 6 feet).

Ways to keep yourself and others safe:

- **Avoid close contact with others,** who do not live in your home, by maintaining a safe distance of 6 feet or more.
- **Wash your hands often with soap and water for at least 20 seconds** especially:
  - After blowing your nose, coughing, or sneezing
  - Before eating or preparing food
  - Before touching your face
  - After using the restroom
  - After leaving a public place
  - After handling your mask
  - After changing a diaper
  - After caring for someone sick
  - After touching animals or pets
- **Cover your nose and mouth with a mask** at all times when you cannot maintain proper distance from others in public or indoor settings.
- **Cover coughs and sneezes** and immediately wash your hands for 20 seconds with soap and water after. If soap and water are not available, use hand sanitizer that contains 60% alcohol.

Self-monitoring:

- **Be alert for symptoms.** If you develop a fever or other symptoms, stay home and do not go to work or school or other places where you could infect others.

Proper cleaning:

- **Cleaning with soap and water removes germs, dirt, and impurities from surfaces.** It lowers the risk of spreading infection. **Disinfecting kills germs on surfaces.** By killing germs on a surface after cleaning, it can further lower the risk of spreading infection. Practice routine cleaning of frequently touched surfaces, including tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.

Do we need to clean and disinfect outdoor playgrounds?

- **Outdoor areas require normal routine cleaning and do not require disinfection.** Spraying disinfectant on outdoor playgrounds is not an efficient use of disinfectant supplies and has not been proven to reduce the risk of COVID-19 to the public. You should maintain existing cleaning and hygiene practices for outdoor areas. If practical, high touch surfaces made of plastic or metal, such as grab bars and railings, should be cleaned routinely. Cleaning and disinfection of wooden surfaces (e.g., play structures, benches, tables) or groundcovers (e.g., mulch, sand) is not recommended.

Steps to help prevent the spread of COVID-19 if you become sick:

- **Isolate yourself** from others by staying in a separate room
- **Stay home,** except to get medical care
- **Use a separate room and bathroom** than others in your home
- **Wash your hands often** with soap and water for 20 seconds, especially after coughing, sneezing, or blowing your nose. You can use hand sanitizer that has at least 60% alcohol
  - **Wear a clean disposable facemask at home** to avoid spreading the virus
  - **Clean the room and bathroom used by someone who is sick**

I think or know I had COVID-19, and I had symptoms. You can be with others after:

Your doctor will advise you when you can be taken off isolation as the duration can vary amongst different patients depending on severity of illness and their immune status. In general:

- **At least 10 days** since symptoms first appeared and
- **At least 24 hours** with no fever without fever-reducing medication and
- **Symptoms have improved**
- People with COVID-19 have reported a wide range of symptoms — from mild symptoms to severe illness. **Symptoms may appear 2-14 days after exposure to the virus.**

COVID-19 and children:

- **Based on available evidence,** children do not appear to be at higher risk for COVID-19 than adults. While some children and infants have been sick with COVID-19, adults make up most of the known cases to date.
- **The symptoms of COVID-19 are similar in children and adults.** The CDC is also evaluating multisystem inflammatory syndrome in children (MIS-C). Symptoms to look for in MIS-C are fever, abdominal pain, vomiting, diarrhea, neck pain, rash, bloodshot eyes, feeling extra tired.

I tested positive for COVID-19 but had no symptoms:

Your doctor will advise you in conjunction with the following health department guideline:

- **You should isolate yourself for at least 10 days after your positive test.** If you continue to have no symptoms, you can be around others after 10 days from your positive test.

References: https://www.cdc.gov/coronavirus/2019-ncov/faq.html

Besides the CDC website, check out your local county health department for their guidelines as well. And of course, feel free to call Guardian Nurses for other questions. Main Office # is 888-836-0260.