

COVID-19

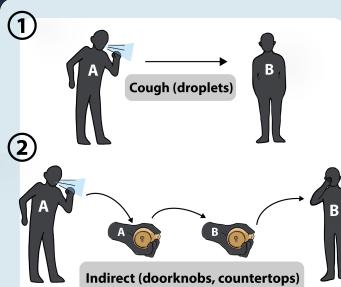
• What you need to know: a 1-page guide

Information evolving,
up-to-date as of:

*03/20/2020



How can you get it?



Isn't this like the flu?

No! because...

% of those w/ disease
who die

Case fatality rate

How many people get severe disease?

Time from infection to symptoms

FDA-approved treatments?

Influenza

COVID-19

~0.1%

up to 15X more likely to die if patient has COVID-19

98.2%

0.0%

1.8%

0.27%

5%

Mild

Severe

Critical

Low oxygen levels

Lungs failing

Blood pressure ↓↓

Ranges from 1 - 4 days (average 2 days)

YES

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

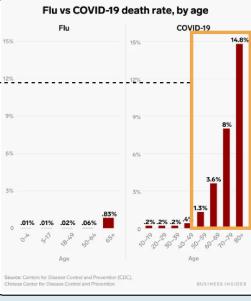
Sore throat

Who is at risk of severe illness?

Elderly + those with other illnesses

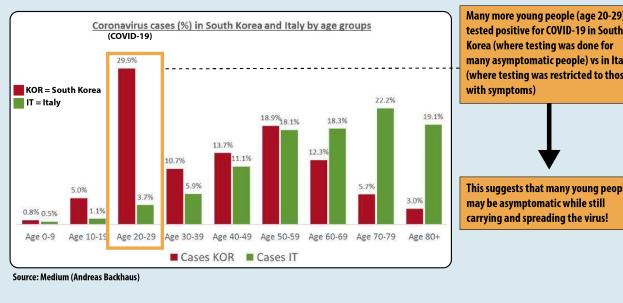
- Coronary artery disease
- Lung conditions
- Kidney disease
- High blood pressure
- Diabetes
- Weak immune system
- Cancer
- Obesity

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



Who is getting infected?

Includes young, healthy, asymptomatic people!



What if I feel sick?

? I feel sick... what do I do?

- 1 Call your doctor for advice
- 2 If you don't have a doctor, contact your local board of health
- 3 Do not seek care at an emergency department unless you have severe symptoms
- 4 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 between yourself and others



? 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**
- Group gatherings
 - Sleepovers
 - Playdates
 - Concerts
 - Theater outings
 - Athletic events
 - Crowded retail stores
 - Malls
 - Non-essential travel
 - Bars and restaurants



- CAUTION**
- Grocery shopping
 - Pick up/delivery of food
 - Medication pick-up
 - Playing tennis in a park
 - Essential travel
 - Visitors in your home
 - Mass transit

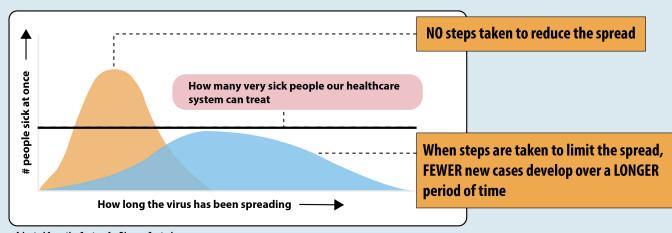


- SAFE**
- Taking a walk/hike
 - Yard work
 - Reading a book
 - Listening to music
 - Going for a drive
 - Group video chats
 - Call or text a friend
 - Call or text an elderly neighbor

Adapted from: County of Los Angeles Public Health

? Why is it important?

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



Together, we can...

#FLATTENTHECURVE

Ryoko Hamaguchi