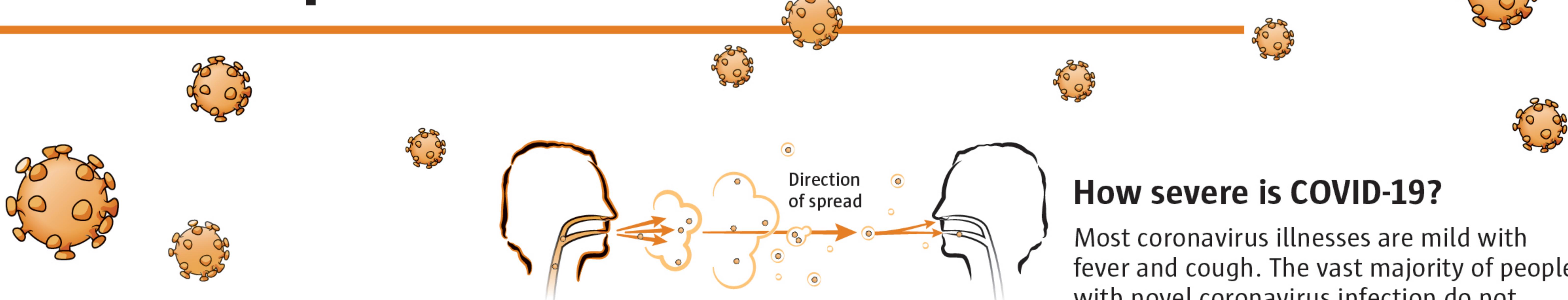


Facts about novel coronavirus and how to prevent COVID-19



What is coronavirus disease 2019 (COVID-19)?

Severe acute respiratory syndrome coronavirus 2, known as SARS-CoV-2, is the virus strain identified in January that causes COVID-19, coronavirus disease, and is spreading from person to person.

While the virus has the potential to cause severe illness and pneumonia in some people, about 80% of cases are relatively mild.

How does coronavirus spread?

Its main mode of spreading is respiratory droplets produced when an infected person coughs or sneezes.

Droplets can land in the mouth or nose or be inhaled into the lungs of nearby people (within 6 feet).

It may be possible for a person to be infected by touching a surface that has the virus on it and then touching their own mouth, nose or eyes.

How severe is COVID-19?

Most coronavirus illnesses are mild with fever and cough. The vast majority of people with novel coronavirus infection do not require hospital care. A much smaller percentage of people get severely ill with respiratory problems like pneumonia. Elderly people and people with underlying medical conditions are at highest risk.

3.4%

of reported COVID-19 patients have died globally as of March 3, meaning it may currently be 34 times more fatal than the seasonal flu. With many mild cases not reported, the percentage may be lower.

HOW TO PROTECT YOURSELF?

Steps you can take to prevent the flu and the common cold will also help prevent the spread of coronavirus:

- Wash hands often with soap and water for at least 20 seconds. If not available, use hand sanitizer.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Avoid contact with people who are sick.
- Stay home while you are sick and avoid close contact with others.
- Cover your mouth and nose with a tissue or sleeve when coughing or sneezing.

Household preparation

To minimize your risk of exposure to coronavirus, Public Health – Seattle & King County recommends avoiding crowds and reducing close contact, a practice known as “social distancing.”

Beyond a basic emergency kit, have the daily necessities and shelf-stable foods on hand. This will help you to practice social distancing and to care for yourself and your household if someone becomes ill.

If COVID-19 does start circulating in your community, or if someone is sick in your home, plan on cleaning surfaces that get touched frequently — such as kitchen counters, door handles and bathroom faucets — several times a day.

Supplies to consider:

- Extra fluids, hydrating drinks (such as Gatorade and Pedialyte)
- Food for when you’re sick, like soups, broths, crackers, honey (especially nonperishable items to carry you through a couple of weeks)
- Pain and fever medications (like acetaminophen)
- Cough drops, cough medications
- Prescription medications
- Tissues
- Household cleaners (bleach, alcohol, soap)

Hand-washing 101

Wash your hands as soon as you walk through the door of your home. Scrub with soap and water for at least 20 seconds.

- 1 Apply soap to wet hands or an alcohol-based hand sanitizer to dry hands.



- 2 Rub hands palm to palm.



- 3 Rub hands palm to backside and switch.



- 4 Interlace fingers and rub hands palm to palm.



- 5 Rub backs of fingers into the opposing palm with fingers interlocked.



- 6 Grasp thumb in other hand and rub while rotating around the thumb. Repeat with other thumb.



- 7 Rub finger nails, including the thumb, into the opposing palm and repeat.



- 8 If using soap, rinse off with water and turn off faucet with a clean towel. If using hand sanitizer, once hands are dry they are safe.

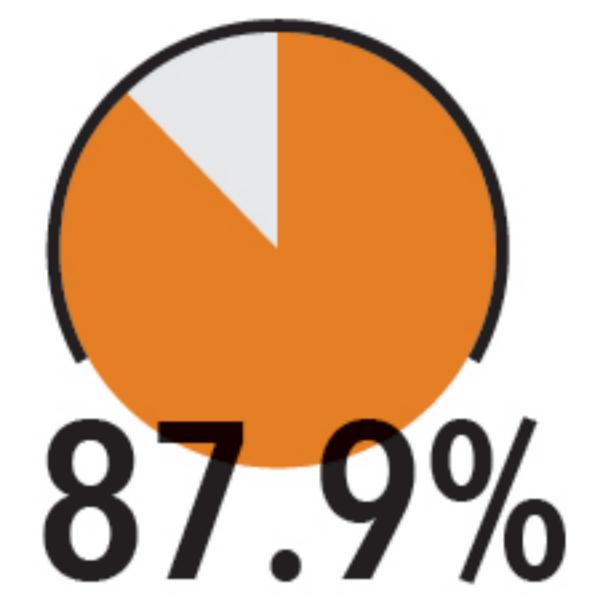


Graphics by EMILY M. ENG, Editing by LAURA GORDON and DIANA SAMUELS / THE SEATTLE TIMES

Facts about novel coronavirus

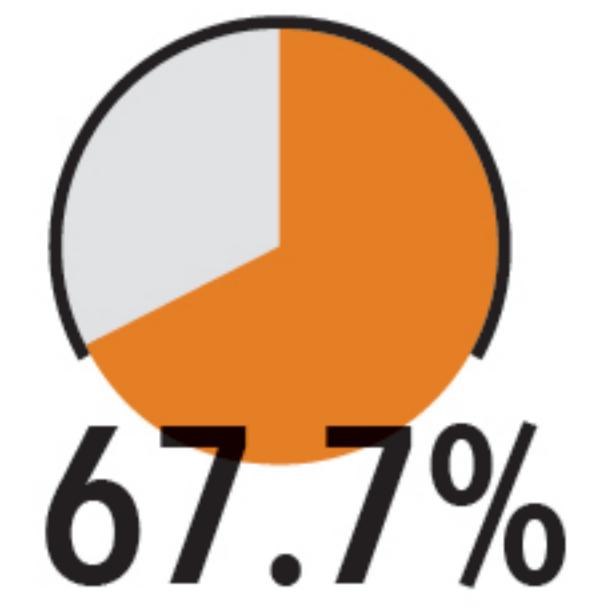
Symptoms

About 99%* of people who have the virus will have symptoms. On average symptoms appear five to six days after infection, but may appear as few as two days or as long as 14 days after exposure to the virus.



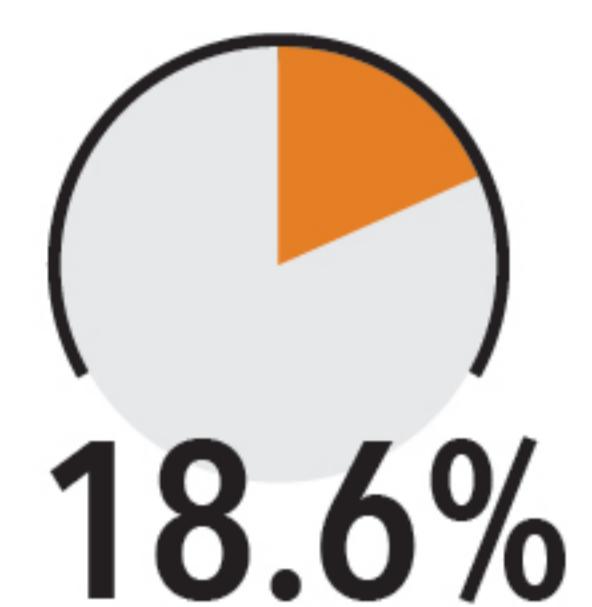
Fever

87.9%* of people will get a fever (generally defined as a temperature over 100.4°F).



Cough

67.7%* of people will get a dry cough.



Difficulty breathing

18.6%* of people will get shortness of breath and 38.1% will be fatigued.

If you show early signs of illness

If you have symptoms and were exposed to a confirmed COVID-19 patient, call both your health care provider and, in King County, the Novel Coronavirus Call Center, 206-477-3977. You can also call the state coronavirus hotline, 800-525-0127 (this number has high traffic and may be temporarily unavailable).

If you have symptoms but don't know if you were exposed, don't head straight to the emergency room or urgent care, where you might infect others. Call your doctor about whether, when and where you should be evaluated.

Other languages

To help neighbors who do not speak English, King County has created fact sheets in several languages.

Find them at www.kingcounty.gov/covid

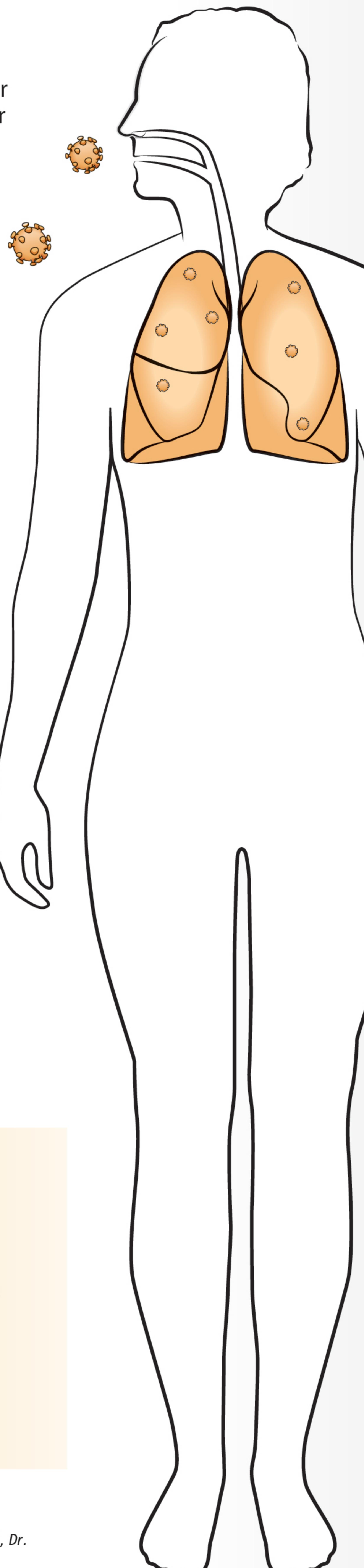
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Note: Viruses not to scale

*Symptoms based on confirmed cases as of Feb. 20, 2020.

Sources: King County Public Health, World Health Organization (WHO), Dr. Matthew Frieman, University of Maryland School of Medicine, Hawaii National Public Radio, University of California San Francisco Health, Los Angeles Times, National Geographic

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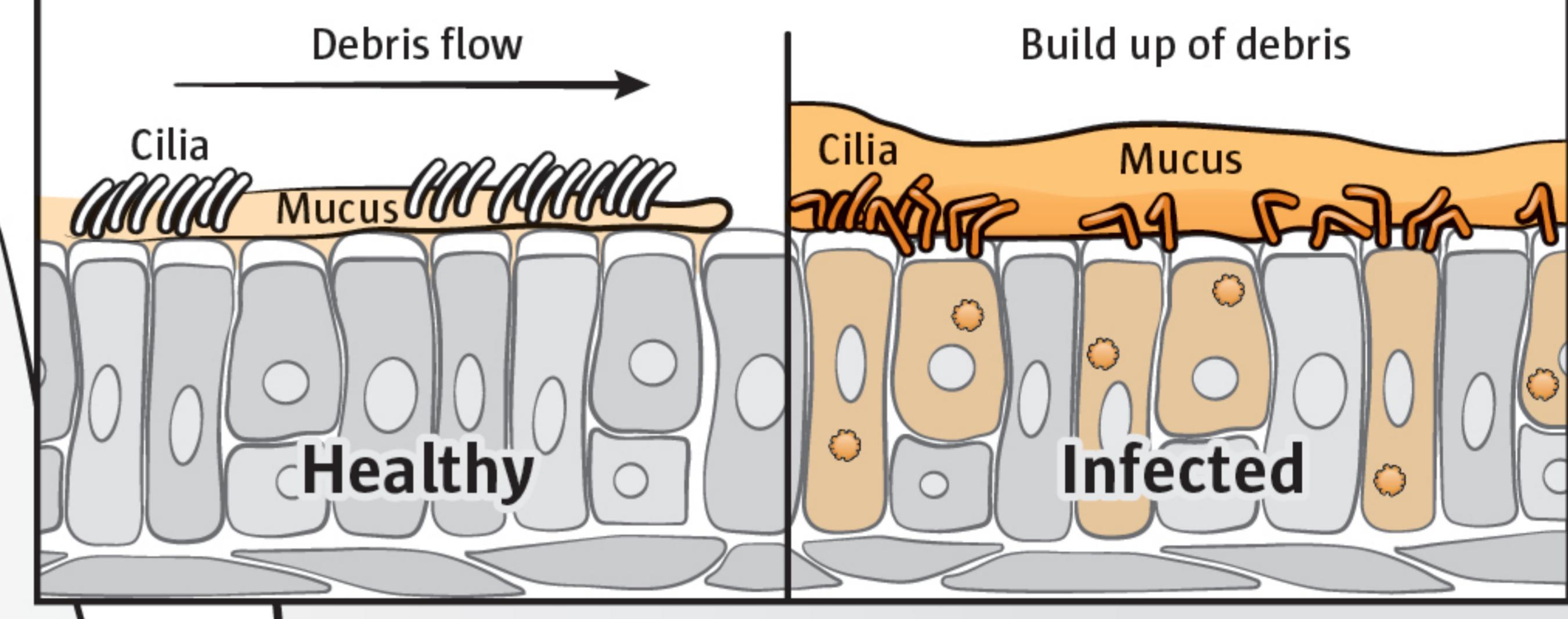


YOUR BODY AND CORONAVIRUS

For most patients, COVID-19 begins and ends in their lungs, although other organs and systems can be affected. The disease attacks the lungs in three phases: viral replication, immune hyper-reactivity, and pulmonary destruction. Not all patients go through every phase, with milder cases often remaining in the first stage.

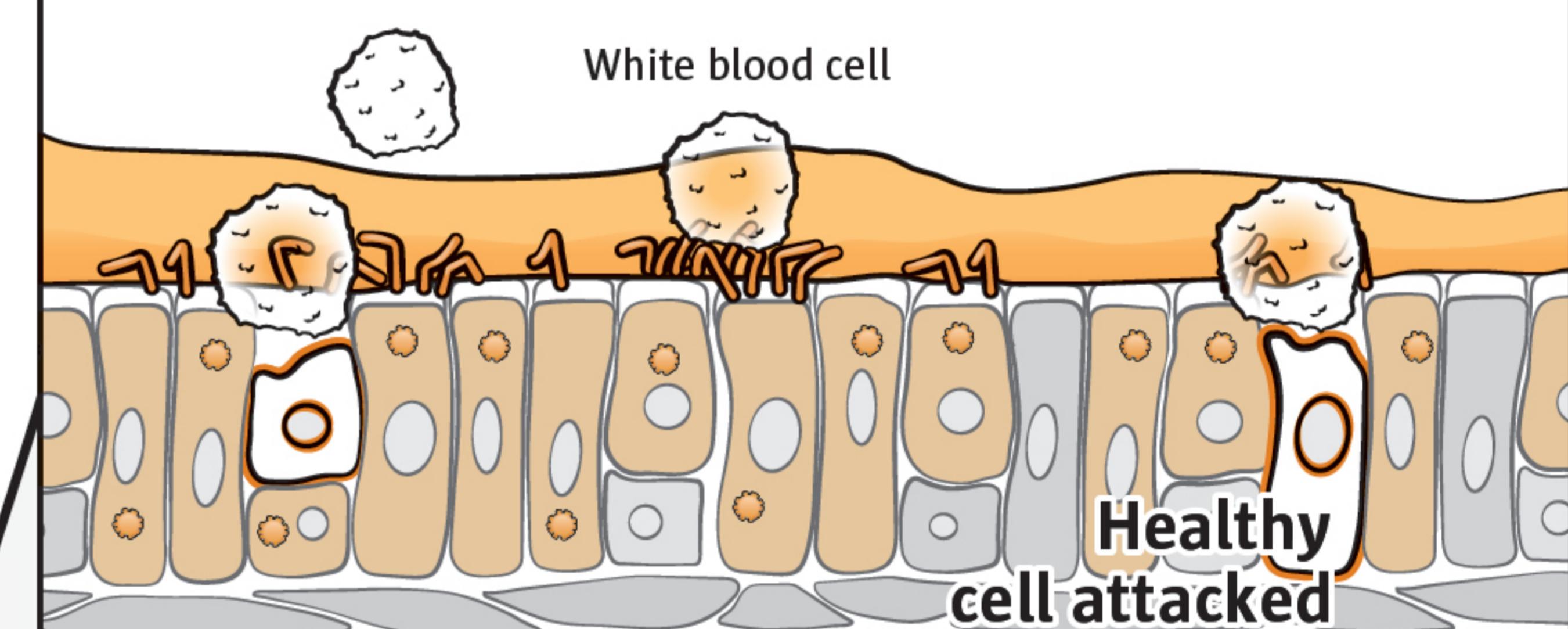
1. VIRAL REPLICATION

The virus invades and replicates in the lung cells – both in the ones that produce mucus and in those bearing cilia, hair-like projections that move debris out of the lungs. Affected cilia don't work normally, and a buildup of debris and fluids occurs, causing shortness of breath and, in some cases, pneumonia.



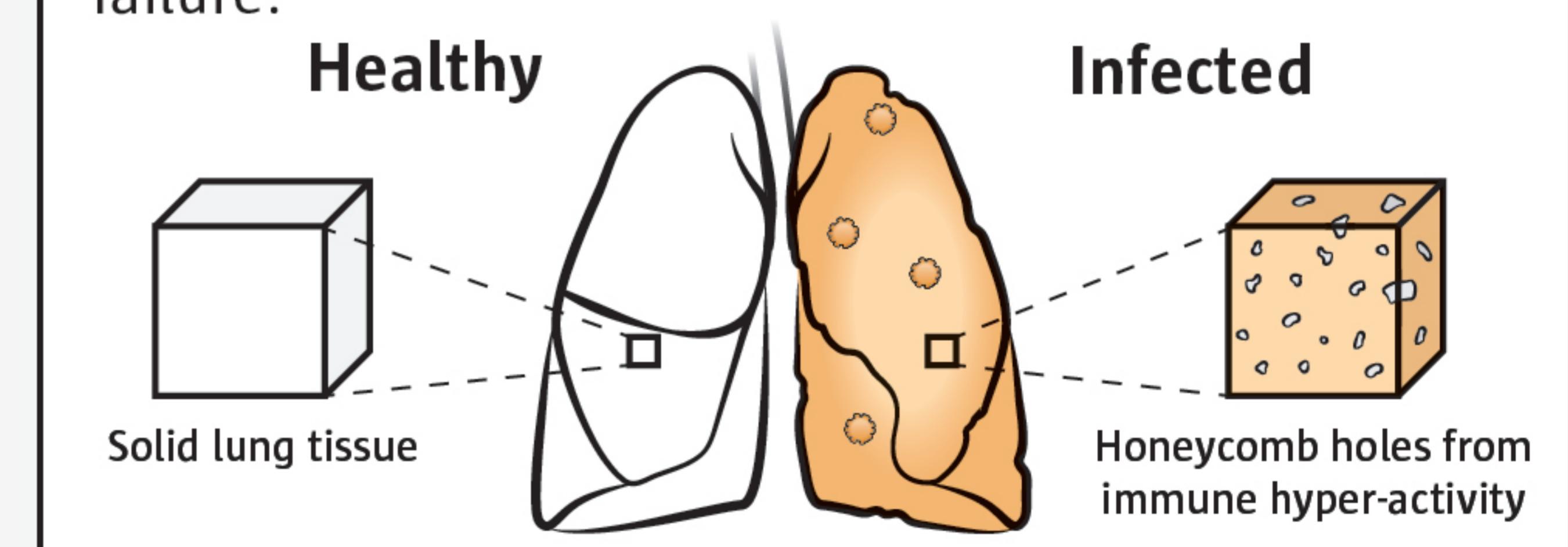
2. IMMUNE HYPER-REACTIVITY

Your body identifies the viral invader and sends an immune response to clear the damage and repair the lung tissue. Normally, this inflammatory response is localized to the infected areas, but sometimes the immune response is hyper-reactive and kills healthy cells, causing even more damage.



3. PULMONARY DESTRUCTION

As lung damage continues, pulmonary destruction can become too severe, resulting in respiratory failure.



Treatment

No medications are specifically approved for coronavirus. Most people with mild coronavirus illness will recover on their own by drinking plenty of fluids, resting, and taking pain and fever medications. However, some cases develop pneumonia and require medical care or hospitalization.