

Coronavirus Facts

- Originally, it was thought that the virus was transmitted from animal-to-human transmission since the first cases were caused by exposure to the Huanan Seafood Wholesale Market of Wuhan
- Subsequent cases were not associated with this exposure mechanism
- It was concluded that the virus could also be transmitted from human-to-human, and symptomatic people are the most frequent source of COVID-19 spread
- Severity:
 - Uncomplicated (mild) illness
 - Symptoms of an upper respiratory tract infection including:
 - Mild fever
 - Dry cough
 - Sore throat
 - Nasal congestion
 - Malaise
 - Headache
 - Muscle pain
 - Moderate pneumonia
 - Respiratory symptoms such as cough and shortness of breath (or tachypnea in children) are present without signs of severe pneumonia
 - Severe pneumonia
 - Fever associated with severe dyspnea, respiratory distress, tachypnea (>30 breaths/min) and hypoxia (SpO₂ <90% on room air)
- There is currently no specific antiviral treatment recommended for COVID-19, and no vaccine is currently available. The treatment is symptomatic, and oxygen therapy represents the major treatment intervention for patients with severe infection. Mechanical ventilation may be necessary in cases of respiratory failure refractory to oxygen therapy, whereas hemodynamic support is essential for managing septic shock.
- General recommendations for prevention:
 - Avoid close contact with subjects suffering from acute respiratory infections
 - Wash your hands frequently, especially after contact with infected people or their environment

- Avoid unprotected contact with farm or wild animals
- People with symptoms of acute airway infection should keep their distance, cover coughs or sneezes with disposable tissues or clothes and wash their hands
- Strengthen in emergency medicine departments, the application of strict hygiene measures for the prevention and control of infections
- Individuals that are immunocompromised should avoid public gatherings
- Practice social distancing
 - Staying at home when you are unwell
 - Avoiding large public gatherings if they're not essential
 - Keeping a distance of 5 feet (1.5 meters) between you and other people whenever possible
 - Minimizing physical contact, especially with people at higher risk such as older people and people with existing health conditions
- Who is at the highest risk for having serious symptoms when exposed to COVID-19?
 - Risk increases with age
 - Individuals with comorbid conditions, including but not limited to:
 - Chronic bronchitis
 - Emphysema
 - Heart failure
 - Diabetes
 - Immunocompromised
 - Cancer
 - Chronic kidney disease
 - Chronic liver disease
 - Etc.
- Are children immune to COVID-19?
 - Children can develop COVID-19, but they tend to have milder symptoms such as fever, cough, and runny nose. They can still pass the virus to other individuals.
- How long does COVID-19 last?

- Once someone is exposed to COVID-19, symptoms can appear as early as 3 days and as late as 14 days. Which is why most quarantine times are 2 weeks.
- Duration of symptoms vary from person to person and depends on the severity of your case. Mild cases appear to recover within 1-2 weeks, while severe cases can take up ≥ 6 weeks to fully recover.
- People are most contagious early in the course of their illness, when they are beginning to experience symptoms.
- What is SARS-CoV-2?
 - SARS-CoV-2 is the official name for the virus responsible for COVID-19
- How does the COVID-19 test work?
 - They amplify the genetic material extracted from saliva or mucus samples through a reverse polymerase chain reaction (RT-PCR), which involved the synthesis of a double-stranded DNA molecule from an RNA mold. This test is testing specifically for SARS-CoV-2,

References:

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- Todd Ellerin, M., Huma Farid, M., & Douglas Krakower, M. (2020, March 16). *Coronavirus Resource Center*. Retrieved from Harvard Health Publishing Harvard Medical School: <https://www.health.harvard.edu/diseases-and-conditions/coronavirus-resource-center>