



Share Facts About COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT 1

Diseases can make anyone sick regardless of their race or ethnicity.

People of Asian descent, including Chinese Americans, are not more likely to get COVID-19 than any other American. Help stop fear by letting people know that being of Asian descent does not increase the chance of getting or spreading COVID-19.

FACT 2

Some people are at increased risk of getting COVID-19.

People who have been in close contact with a person known to have COVID-19 or people who live in or have recently been in an area with ongoing spread are at an increased risk of exposure.

FACT 3

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT 4

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

FACT 5

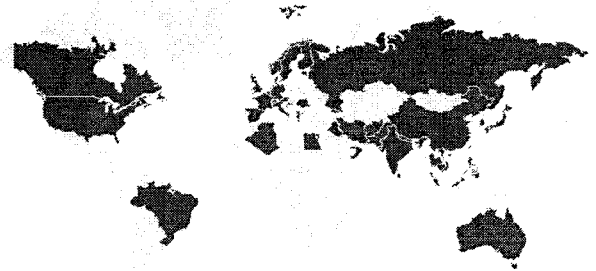
There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



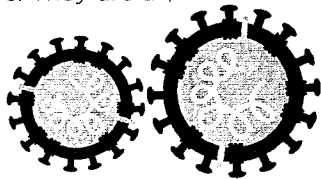
For more information: www.cdc.gov/COVID19

Coronavirus Disease (COVID-19)



Q.-What are coronaviruses?

A: Human coronaviruses were first identified in the mid-1960s. They are a respiratory virus named for the crown-like spikes on their surface. We are currently aware of seven different types of human coronaviruses, four of which are associated with mild to moderate upper-respiratory tract illnesses, like the common cold. Other types of the virus include severe acute respiratory syndrome (SARS), the Middle East Respiratory Syndrome, (MERS) and Coronavirus Disease (COVID-19), which is responsible for the latest outbreak. Although COVID-19 is similar to the other types of coronaviruses, it is unique in many ways and we are still learning more each day.



Q. How do you get infected with COVID-19?

A: COVID-19 is spread by close person-to-person contact from droplets from a cough or sneeze, which can get into your mouth, nose, or lungs. Close contact is defined as being within approximately 6 feet of another person. There aren't many cases in the U.S., so the risk of contracting COVID-19 is low.

Q. How do I know if I have COVID-19?

A: If you were recently exposed to someone with a confirmed case of COVID-19 or have been in a place where an outbreak has occurred within the last two weeks

the following symptoms could indicate you have contracted COVID-19:

- fever;
- cough; or
- shortness of breath.

Unless your symptoms are severe, it is recommended you call your healthcare provider first before entering a healthcare facility. When speaking with a healthcare provider in-person or on the phone, be sure to note your symptoms, travel history, or if you were exposed to a person diagnosed with the virus.

Q. How severe is this illness?

A: The World Health Organization says 80% of people with COVID-19 have a mild form of the illness with cold- or flu-like symptoms. The people most likely to get seriously ill from this virus are people over 60 and/or those with pre-existing health conditions. It is estimated that for every 100 cases of COVID-19, between two and four people would die. This is very different from a coronavirus like SARS, where nearly ten in 100 sick people died from the illness.

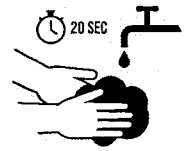
Q. I see people wearing masks, should I be doing that?

A: Health officials in the U.S. do not recommend the use of masks among people not showing symptoms of COVID-19. People in places where spread is more likely, may have been instructed to wear masks to prevent infecting others and to possibly prevent getting ill from close contact in crowded places.

Q. What can I do to prevent getting sick from COVID-19?

A: The following tips will help to prevent COVID-19 as well as other respiratory viruses:

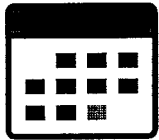
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Don't touch your eyes, nose, or mouth, especially with unwashed hands.
- Avoid close contact with people who are showing symptoms of illness.
- Clean and disinfect frequently touched objects and surfaces.
- Cover your cough or sneezes with a tissue or sneeze into your elbow. Throw the tissue in the garbage and make sure to clean your hands afterwards.
- Stay home when you are sick.



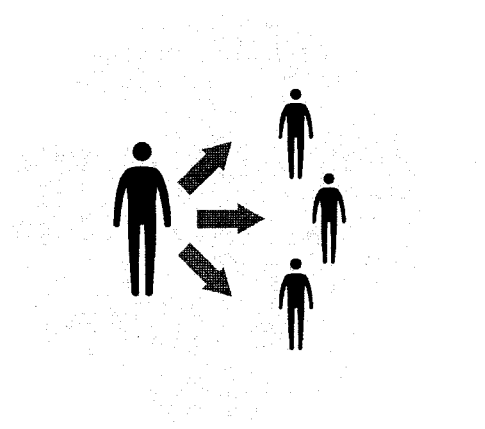
Coronavirus Disease (COVID-19)

Spreads

Through close personal contact with a sick person.



SYMPTOMS MAY SHOW UP
2-14 DAYS LATER



Symptoms

- Fever
- Cough
- Shortness of breath

Call your healthcare provider if:

- You have symptoms and have been to a country that has experienced an outbreak within the last 2 weeks of your travel.
- You have symptoms and have been in close contact with a person with a confirmed case of COVID-19.



Prevention

- Wash your hands often.
- Cover your cough/sneeze with a tissue.
- Don't touch your eyes, nose, or mouth.
- Avoid close contact with sick people.
- Clean and disinfect high-touch surfaces often.
- Stay home when you are sick.



Does the General Public Need a Mask/Respirator for Coronavirus Disease (COVID-19)?

At this time, health officials in the U.S. do not recommend the use of surgical masks or respirators among people not showing symptoms of COVID-19. People in places where spread is more likely may have been instructed to wear surgical masks to prevent infecting others and to possibly prevent getting ill from close contact in crowded places.

Risky when not used properly:

Training: Healthcare workers are trained in how to properly put on and take off this equipment without contaminating themselves. Don't underestimate this. Past experience with highly infectious diseases tells us that lack of knowledge in this area can make people sick.

Reuse: Improper reuse of a dirty or old surgical mask or respirator by untrained personnel won't help and has potential to get you sick.

Storage: Improper storage can contaminate your home or workplace.

Removal: Respirators and some surgical masks have an elastic band that can snap if you are not careful when you remove them. That can disperse particles into the air.

Important when used by trained healthcare workers:

Patient Exposure: Healthcare workers are in closer contact with potentially sick people than the rest of the public, so they are more likely to be exposed.

Risky Procedures: Healthcare workers sometimes need to do procedures on patients that can generate a kind of aerosol spray that puts them at greater risk of infection.

Limited Supply: It is important that healthcare workers do not run out of personal protective equipment (PPE) so that they can safely care for people at greatest risk for infection. We do not believe use of these items is necessary for the general public at this time. If you obtain masks/respirators from healthcare facilities, there will be less for healthcare workers.

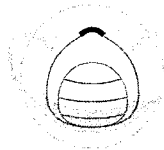
These Two Things are Sometimes Called "Masks"

Surgical mask: Protects from droplets



- Typically ties on or is looped around the ears and is looser fitting.
- Used primarily as a barrier to keep sick people from getting others sick by preventing droplets from spreading through coughing and/or sneezing.
- Some surgical masks have a clear face shield attached to cover the eyes. This can keep bigger droplets of things like blood from splashing into someone's eyes and face during surgery.

N-95 respirator: Protects from airborne particles



- Looks a lot like a mask too, but it is really a respirator (that filters out 95% of very small airborne particles when worn properly).
- Healthcare workers are fit-tested so these masks fit tightly over the nose and mouth creating a seal. This prevents healthcare workers from breathing airborne particles from sick patients.
- When they are old, soiled, or wet they no longer filter properly and aren't useful.

The Centers for Disease Control and Prevention has a lot of details on the best way to keep yourself safe from COVID-19. For more information, visit their website at: <https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>

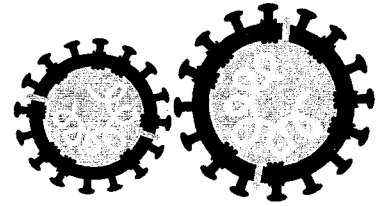
For international guidance on the need for masks or respirators go to:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks>

The Association for Professionals in Infection Control and Epidemiology (APIC) is creating a safer world through the prevention of infection. APIC's nearly 16,000 members develop and direct infection prevention and control programs that save lives and improve the bottom line for healthcare facilities. APIC advances its mission through patient safety, education, implementation science, competencies and certification, advocacy, and data standardization. Visit us at apic.org.

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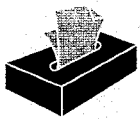
Protect Yourself, Protect Your Family and Community



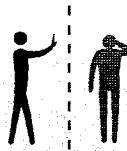
Wash your hands often for 20 seconds or use hand sanitizer with at least 60% alcohol.



Stay home when you are sick.



Cover your cough or sneeze with a tissue. Throw tissue in the garbage.



Don't be in close contact with sick people. That means within 6 feet.



Don't touch your eyes, nose, or mouth.



Clean and disinfect high-touch surfaces using your regular cleaning products or wipes.

The Centers for Disease Control and Prevention has a lot of details on the best way to keep yourself safe from COVID-19. For more information, visit their website at: <https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>