



# COVID-19: What You Need to Know

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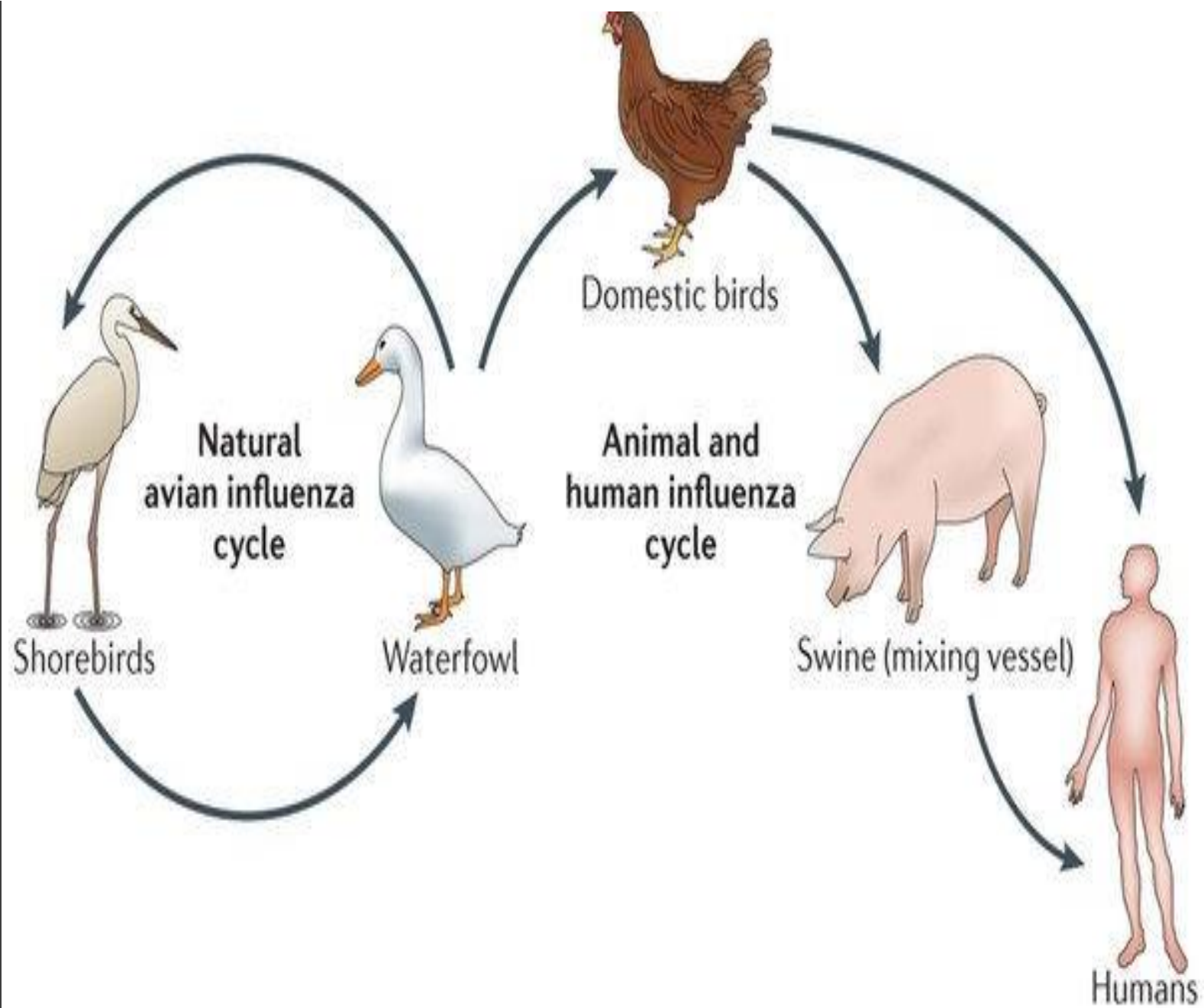
**Do nOt PaNiC, Do nOt  
iGnOrE!**

**Be Informed and Practical !!**

**Live Your Life !!!**

# Virus

- Need a host to survive
- Infect humans, animals, other bacteria
- Usually specific to humans and animals
- Spread from human to human
- Can jump from animal to human
- When new to humans, usually cause more problems



# How do viruses spread?

- Person to person: **HAND** contact
- Indirect contact:
  - Person's **HAND** touches contaminated environmental objects as door knobs, countertops, utensils, high touch areas and then touches his or her eyes, nose, or mouth
  - Person to person: Droplet from **Sneezing, coughing**



# How do viruses spread?

## Coughs

- On average, 3,000 droplets are expelled in a single cough
- These droplets fly out of the mouth at speeds of up to 50 mph

## Sneeze

- Around 40,000 droplets are expelled
- These droplets fly out at speeds of over 200 mph!



# Creating Stigma Related to COVID-19

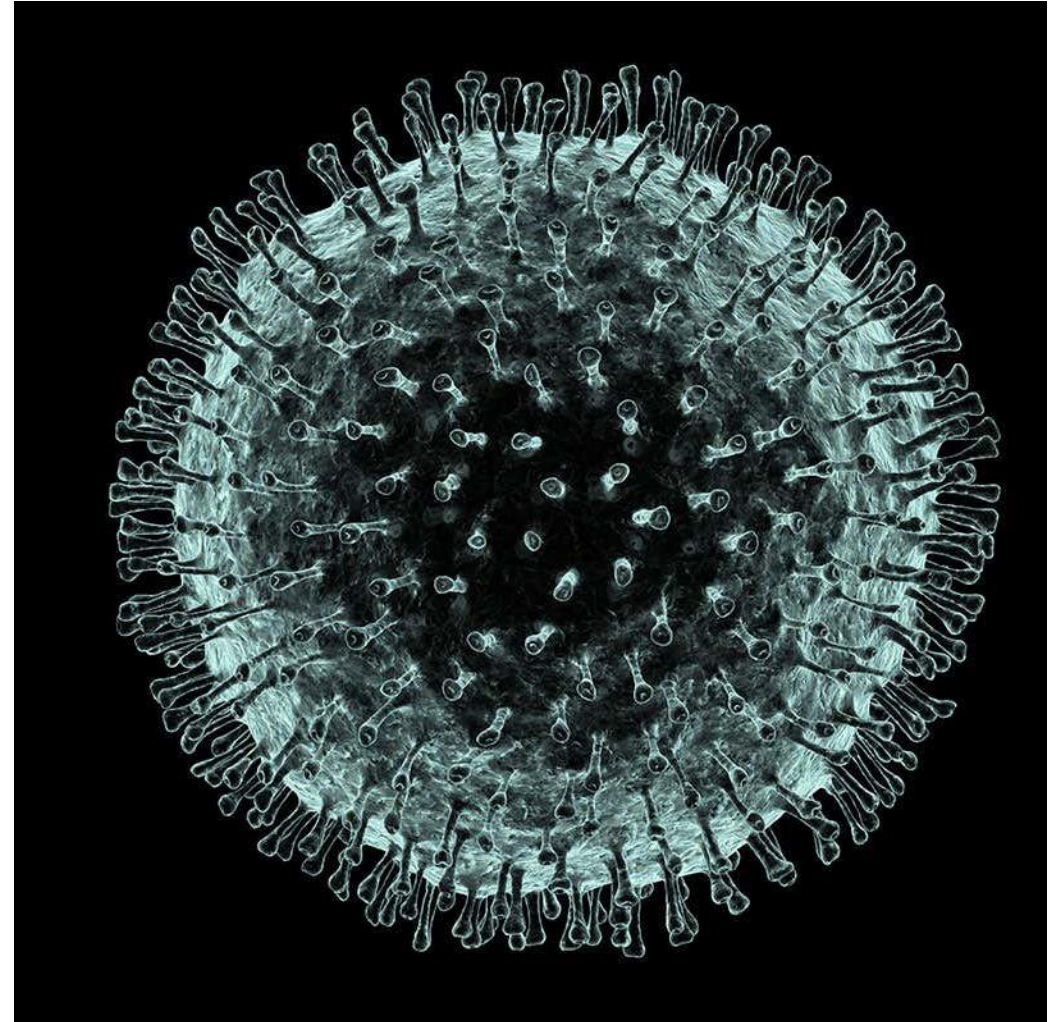
- **Fear and anxiety can lead to social stigma - For example, towards Chinese or other Asian Americans or people who were in quarantine**
- **Stigma is discrimination against an identifiable group of people, a place, or a nation**
  - **a lack of knowledge about how COVID-19 spreads, a need to blame someone, fears about disease and death, and gossip that spreads rumors and myths**
- **Stigma hurts everyone by creating more fear or anger towards ordinary people instead of the disease that is causing the problem**

# Help Prevent Stigma Related to COVID-19

- **People can fight stigma and help, not hurt, others by providing social support. Counter stigma by learning and sharing facts.**
- **Communicating the facts that viruses do not target specific racial or ethnic groups and how COVID-19 actually spreads can help stop stigma.**

# Corona Virus

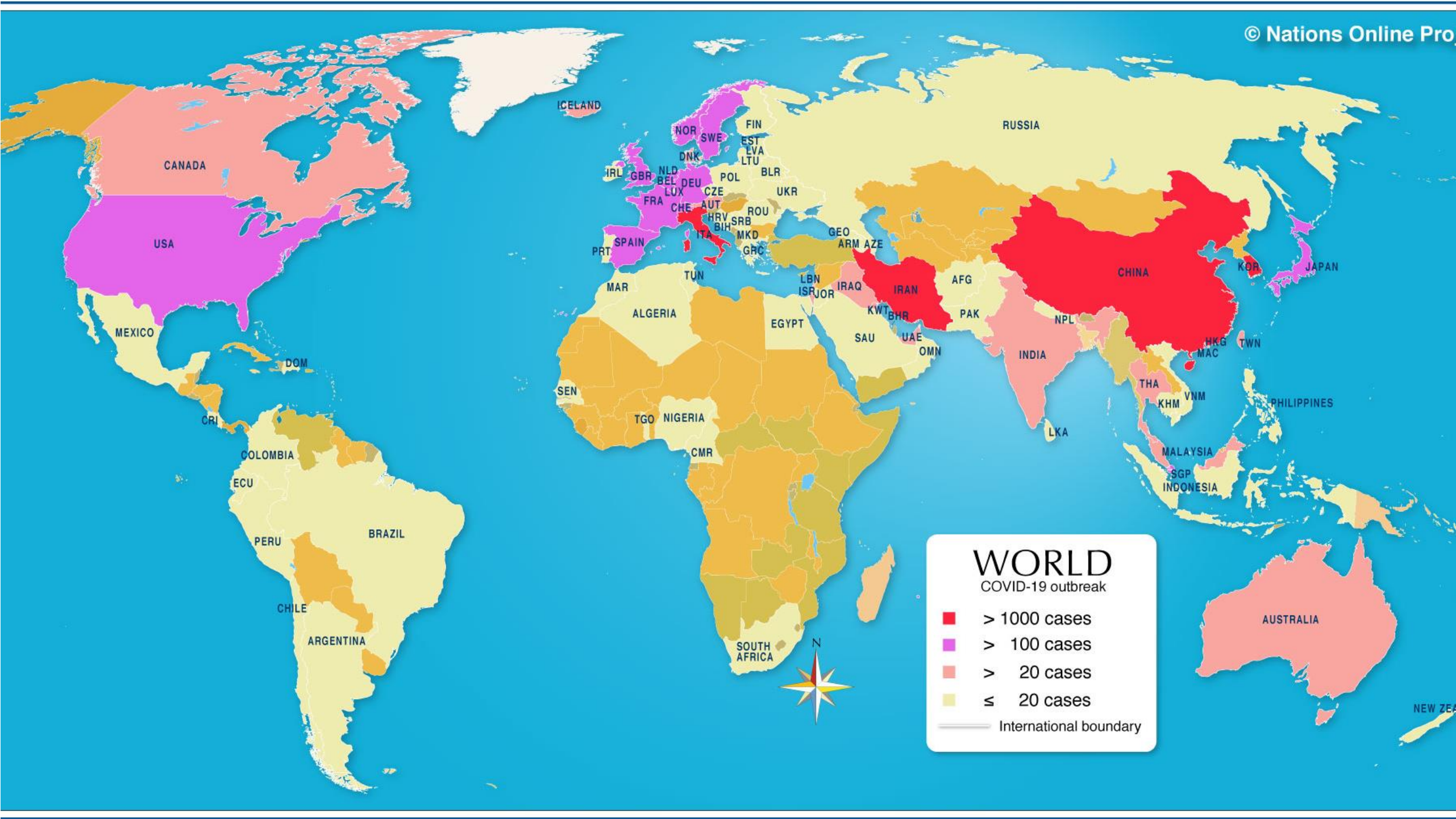
- Corona viruses look like CROWN and infect humans and animals
- Human Corona viruses cause “**common cold**”
- **SARS-CoV** (Severe Acute Respiratory Syndrome coronavirus)- Outbreak in 2003-04, Guangdong, China, bat/animal, fatality 9-12%.
- **MERS-CoV** (Middle East respiratory syndrome coronavirus)- outbreak in 2012, Saudi Arabia, bat/camel, Fatality 35%
- **SARS-CoV 2 (COVID-19 Corona Virus Disease- 19)**- Dec 2019, Wuhan, China- worldwide, fatality approx. 3%.





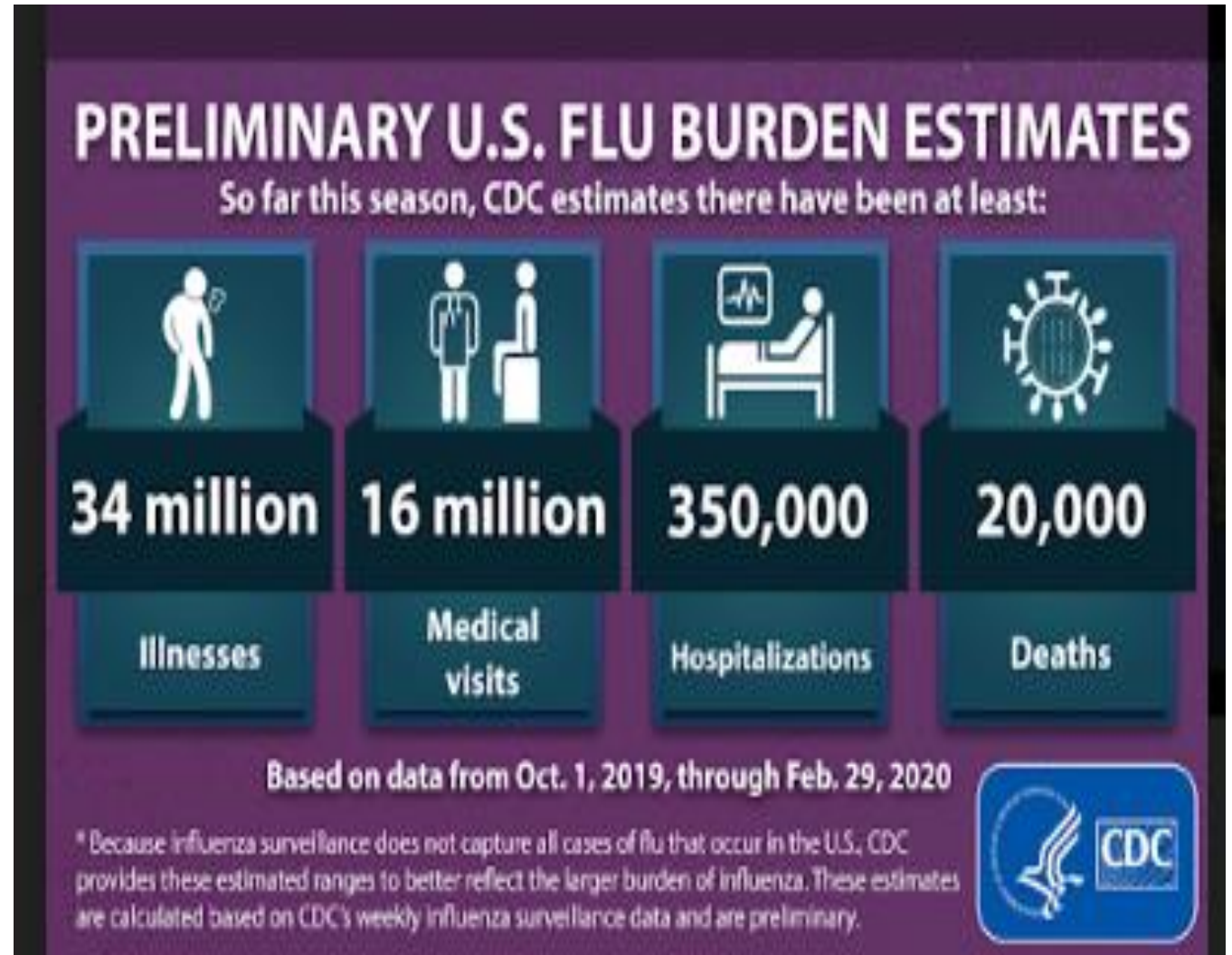
# COVID-19

- **The disease** is “Corona Virus Disease-19 (COVID-19)
- **The virus** is SARS-CoV 2
- Probable host: bat to animal to human
- First identified in Wuhan, China in December, 2019
- COVID-19 cases confirmed in **100 countries** since then



# COVID-19 data

- **104,158 cases worldwide** as of March 7, 2020
- **3,526 deaths** as of March 7, 2020
- Mortality around 3%, could be lower
- **USA 335 cases**, 17 death as of March 7, 2020
- **IL 6 cases**, no death.
- About 85% mild, 10% serious, 5% critical

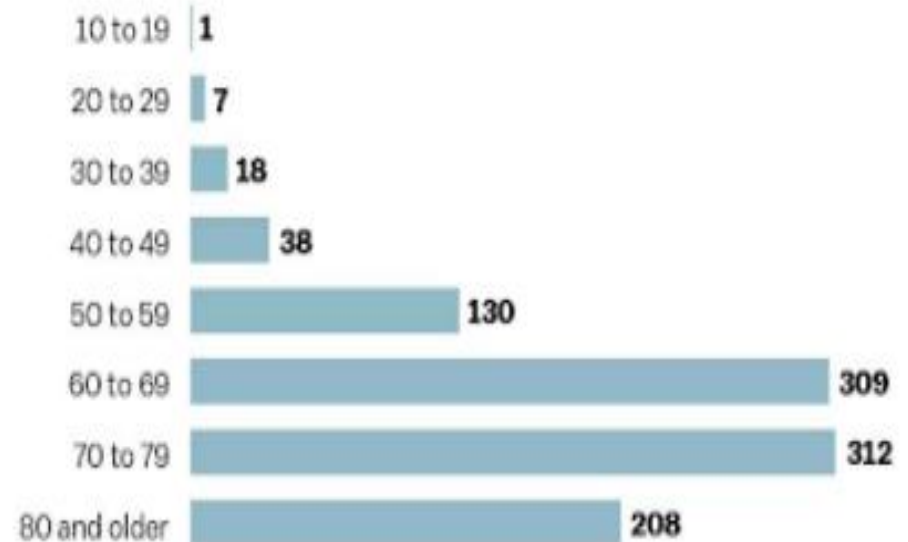


# Who is at higher risk of complications?

- Older : >60 yrs, especially >80 yrs
- Multiple other health problems like heart, lung, kidney disease
- Low immune system such as cancer
- They are at higher risk for poor outcome for most infections including Flu anyway!

## Deaths from Covid-19 in mainland China, by age group

As of February 11, 2020



Source: *The Epidemiological Characteristics of an Outbreak of 2019 Novel Coronavirus (COVID-19) – China, 2020*, China CDC

Vox

# What are the symptoms of COVID-19?

Symptoms usually starts within **14 days of exposure**:

- Fever
  - Cough
  - Trouble breathing
  - Feeling tired
  - Muscle aches
- 
- Wear a mask if you are sick with any respiratory symptoms of infection!
  - These symptoms are seen with Flu as well, most will get better!
  - If you need to see doctor or go to hospital, **call first (they can assess risk based on exposure within last 14 days and take precaution to minimize spread)**.

# COVID-19 test and treatment

- At this point not everyone with symptoms needs to be tested for COVID-19 ; it might just be the Flu or other viruses
- Contact your doctor or IDPH if you were:
  - In Close contact with a confirmed case of COVID-19
  - Travel history to China, Iran, Italy, South Korea, Japan
    - ILLINOIS COVID-19 Hotline: 1-(800)-889-3931,
    - Email: [DPH.SICK@ILLINOIS.GOV](mailto:DPH.SICK@ILLINOIS.GOV)
- **Tests may include sample from nose, throat, urine or stool**
- **No specific treatment or antiviral available, Supportive and Symptomatic treatment**

# What should you do to protect yourself and prevent the spread?

- **GET YOUR FLU VACCINE**

- currently no vaccine to prevent coronavirus disease 2019 (COVID-19)

- **Practice the 3 C's - Clean, Cover, Contain.**

## **Clean**

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol
- Avoid touching your eyes, nose, and mouth
- Clean and disinfect frequently touched surfaces and objects

## **Cover**

- Cover cough or sneeze with a tissue, then throw the tissue in the trash

## **Contain**

- Stay home when you are sick, except to get medical care
- Avoid close contact with people who are sick

# How to wash Hand?



1. Cover all surfaces of the hands



2. Rotational rubbing of fingertips in the palm of the alternate hand



3. Rotational rubbing of both thumbs



# Cough Etiquette:

- Cough or sneeze into tissue: Dispose of in Waste basket
- Cough or sneeze into sleeve, not hands
- Wear a mask
- Perform hand hygiene- Wash hands or use alcohol

# Cover Your Cough



1. Cover your mouth and nose when you cough, sneeze or blow your nose.



2. Put used tissue in the garbage.



3. If you don't have a tissue, cough or sneeze into your sleeve, not in your hands.



4. Wash hands with soap and water or hand sanitizer (minimum 60% alcohol-based).

## Stop the Spread of Germs

### Always Cover Your Cough

- Covering your cough or sneeze can stop the spread of germs
- If you don't have a tissue, cough or sneeze into your sleeve
- Keep your distance (more than 1 metre/3 feet) from people who are coughing or sneezing

# Should You Wear a Mask?

- CDC **does not recommend** that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19
- Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others.
- The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).
- Don't stockpile mask, people who need them will not be able to get them!!

# Get Your Organization Ready for COVID-19 Based on CDC

- May need to **temporarily postpone or cancel** events, programs, and services, especially for groups at greater risk such as older adults or people with chronic health conditions.
- **Promote the practice of everyday preventative actions.**
  - Frequently wash hands/use hand sanitizer with at least 60% alcohol.
  - Cover coughs and sneezes with a tissue or use the inside of your elbow.
  - Clean frequently touched objects and surfaces.
  - Stay home when sick.
- **Provide COVID-19 prevention supplies at your organization (e.g., soap, hand sanitizer that contains at least 60% alcohol, tissues, trash baskets, and a couple of disposable facemasks, just in case someone becomes sick during an event).**

# Get Your Organization Ready for COVID-19

- **Consider avoiding shaking hands or hugging**
- **May place poster and sign about hand hygiene and cough etiquette at entrance with hand sanitizer and facial tissues**
- **Engage with stigmatized groups and speak out against negative behaviors to help counter stigma and discrimination.**

# Clean Hands Save Lives

