

# CORONAVIRUS DISEASE 2019 (COVID-19)

## Virus-Specific Frequently Asked Questions



**Audience:** All Colleagues

**Revision Date:** 3/12/2020

**Version:** Version #1

**Important:** New questions and answers will be added to this file frequently.

Question	Answer
<b>1</b> <b>What is a coronavirus? What is COVID-19?</b>	Coronaviruses are a large family of viruses with effects ranging from causing mild cold-like illness to severe lung infections. New strains often circulate in animals. As humans come in close contact with animals, they are exposed to the new strains and can be infected. COVID-19, caused by the SARS-CoV-2 virus, is the latest of these coronaviruses and can be spread between people. Prior outbreaks of infection with coronaviruses that caused severe disease were SARS in 2003 and MERS in 2012. Widespread transmission of COVID-19 may mean that large numbers of people will need medical care at the same time. It is considered a global health concern.
<b>2</b> <b>How does it spread and how dangerous is it?</b>	<p>COVID-19 spreads like influenza does - primarily between people who are in close contact (within about six feet) by respiratory droplets when an infected person coughs or sneezes and via direct contact with respiratory secretions. Patients are thought to be most contagious when symptomatic.</p> <p>It is estimated that about 80% of those who have COVID-19 will experience mild illness, which will not require medical help. Seniors and people with pre-existing heart and lung diseases have the greatest mortality risk with COVID-19.</p>
<b>3</b> <b>What can I do to protect myself and slow the spread of COVID-19?</b>	<ul style="list-style-type: none"><li>• Stay home if you feel sick, e.g. fever (<math>\geq 100.4</math> F/<math>38</math> C) and a cough – with or without difficulty breathing. Keep your distance (6 feet or more) from other people.</li><li>• Cover your coughs and sneezes and discard used tissues. Use your elbow or sleeve if you do not have a tissue available.</li><li>• Frequently wash your hands with soap and water for at least 20 seconds. Use hand sanitizer with at least 60% alcohol if you do not have access to soap and water. Clean your hands before touching your eyes, nose or mouth. Some studies indicate that we touch our eyes or nose as often as 15 times/hour.</li></ul>

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	<ul style="list-style-type: none"> <li>• Clean frequently-touched surfaces and objects (e.g. mobile phone) with a disinfectant. Coronaviruses are easily killed by many common, commercially available disinfectants. Do check instructions for use for common devices like mobile phones and tablets as some chemicals may cause damage to the display. At home soap and water or a bleach and water solution (1 part bleach in 10 parts of water) is an effective surface disinfectant.</li> <li>• Follow <a href="#">CDC recommendations</a>.</li> </ul> <p>Influenza remains widespread through the U.S. The precautions recommended to prevent spread of COVID-19 also prevent spread of the flu and other cold viruses.</p>
<b>4</b> <b>What should I do if I feel like I may have COVID-19?</b>	<p>Stay home if you feel sick. If you have symptoms consistent with COVID-19 (fever and a cough – with or without difficulty breathing) and have had contact with a confirmed case of COVID-19 or traveled to a location which has widespread COVID-19, call your primary care provider and discuss whether you should visit a physician’s office, urgent care or emergency department. Then notify your supervisor. If you feel ill while at work, notify your supervisor. Notify your supervisor if a colleague comes to work sick.</p>
<b>5</b> <b>Why is there so much public fear about COVID-19?</b>	<p>COVID-19 is a global health concern receiving frequent media coverage, which raises public awareness and fears. We should continue to reassure those we serve and direct patients, residents and families to the <a href="#">CDC resources</a> for the facts and latest information.</p>
<b>6</b> <b>What if I have questions about COVID-19?</b>	<p>Please ask your supervisor any questions and they will help you find the answers. Check our <a href="#">Coronavirus page</a> on Pulse for the latest information.</p>