What you need to know: a 1-page guide

How can you get it?
1. Cough (droplets)
2. Indirect (doorknobs, countertops)

Isn’t this like the flu?
Not because...
- % of those w/ disease who die:
  - Influenza: 0.1%
  - COVID-19: 1-2%
- Time from infection to symptoms:
  - Influenza: 2-3 days
  - COVID-19: 1-4 days
- With severe or critical illness:
  - Influenza: 20%
  - COVID-19: 5%
- FHA-approved treatments:
  - Influenza: yes
  - COVID-19: no

What are the symptoms?
- Most common symptoms:
  - Fever
  - Cough
- Other symptoms:
  - Fatigue
  - Muscle aches
  - Shortness of breath
  - Headache
  - Diarrhea
  - Sore throat
  - Runny nose

Who is at risk of severe illness?
- Elderly + those with other illnesses
  - Coronary artery disease
  - Long-term conditions
  - Kidney disease
  - High blood pressure
  - Diabetes
  - Weak immune system
  - Cancer
  - Obesity
  - The elderly face a much higher risk of dying from COVID-19

Infection without symptoms + spread from people without symptoms is possible!
HOWEVER...
- It is not known how commonly this occurs!

If I feel sick... what do I do?
1. Call your doctor for advice
2. If you don’t have a doctor, contact your local board of health
3. If going to the emergency department, call to let the staff know in advance, so they can prepare for your arrival

How do I best prevent the spread?
- Hand hygiene:
  - Soap + water, 20 sec
  - If unavailable, use alcohol-based sanitizer (at least 60% alcohol)
- Surface disinfection:
  - Counters, tabletops, doorknobs, phones, keyboards, etc.
- Physical distancing:
  - At least 6 ft between yourself and others
  - Avoid large groups of people

What is “physical distancing”?

Avoid:
- Group gatherings
- Playdates, visitors at home
- Concerts
- Athletic events
- Crowded retail stores
- Bars and restaurants
- Non-essential travel
- Buses/trains (if possible)

Safe:
- Taking a walk/hike
- Exercising at home
- Reading a book
- Listening to music
- Group video chats
- Call or text a friend
- Call or text an elderly neighbor

Go to the grocery store when it’s less busy!

Together, we can...
#FLATTENTHECURVE

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