

# COVID-19: The Facts

## What is COVID-19?

The coronavirus, also known as COVID-19, is a respiratory disease caused by the virus "SARS-CoV-2". It's likely that the birth of the virus may have originated from bats with links to the animal and wet market in the Hubei Province in China

The disease then spread to people. On March 11, 2020 the World Health Organization (WHO) declared this disease a pandemic as it has affected every continent except Antarctica.

## How do I contract the disease?

With over one hundred thousand cases to date and thousands of deaths, COVID-19 is highly contagious and transferable by human to human contact.

The disease is spread through droplets originating from the nose or mouth of a person infected with coronavirus. You must be within 6 feet of someone who has been infected to catch the disease.

It is also transferable when coming into contact with contaminated surfaces. This is why it is very important to avoid touching your eyes, nose, or mouth when in public spaces.

## Who is most at risk?

The elderly and people with weakened immune systems caused by pre-existing conditions such as cancer, diabetes, heart disease, and the like are most at risk.

## Is there a cure?

There is no cure for coronavirus, but a possible vaccine and medication may be under way

## What is the incubation period of COVID-19?

As more information and data is gathered, experts have learned that the incubation period of COVID-19 ranges from 1-14 days, with five days being the most common.

## How do I know if I am sick?

Symptoms of COVID-19 include a dry cough, fever, lethargy, and shortness of breath. Depending on the case, symptoms gradually arise or none are seen at all. This is why it is very important to take the necessary precautions.

If you suspect that you are infected, please contact your nearest health authority.

## High Risk Regions



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## Precautions to take

- > Wash your hands regularly for at least 20 seconds.
- > Use hand sanitizer with an alcohol level of at least 60%.
- > Stay at least **two meters** away from someone who is coughing or sneezing.
- > If you cough or sneeze do it into a tissue or your elbow. Dispose of the tissue immediately.
- > **Do not touch** your eyes, nose, or mouth when in public so as not to become infected.
- > **Avoid shaking hands** or other forms of personal contact.
- > Wear a mask when you are in places with others such as grocery stores or pharmacies
- > Avoid touching surfaces which are used on a regular basis by multiple people and wipe down areas with disinfectant as the **virus can survive for hours or days**, depending on the conditions.
- > **Work from home** if you feel sick and contact your local health authority if you believe you are infected.
- > **Do not travel** during this time as the disease has been seen on every continent.

## What to do if you believe you are sick

If you are showing symptoms that resemble COVID-19, self quarantine and call your local health authorities. Inform them that you believe you have coronavirus and follow the necessary protocol before visiting your nearest clinic or hospital.

## Staying informed is vital as the information is progressing everyday.

## Here are some reputable sources to keep you up to date:

World Health Organization →

Johns Hopkins University's COVID-19 Global Cases by the Center for Systems Science and Engineering →

The Centers for Disease Control and Prevention (CDC) →

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## Have more questions? Reach out to our team or contact your local health provider.

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### REFERENCES

**Centers for Disease Control and Prevention.** (2020, March 11). [www.cdc.gov/coronavirus/2019-nCoV/summary.html](http://www.cdc.gov/coronavirus/2019-nCoV/summary.html)

**Gumbrecht , J., & Howard, J. (2020, March 11).** WHO Declares Novel Coronavirus Outbreak a Pandemic. [www.cnn.com/2020/03/11/health/coronavirus-pandemic-world-health-organization/index.html](http://www.cnn.com/2020/03/11/health/coronavirus-pandemic-world-health-organization/index.html)

**World Health Organization.** (2020, March 9). <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>