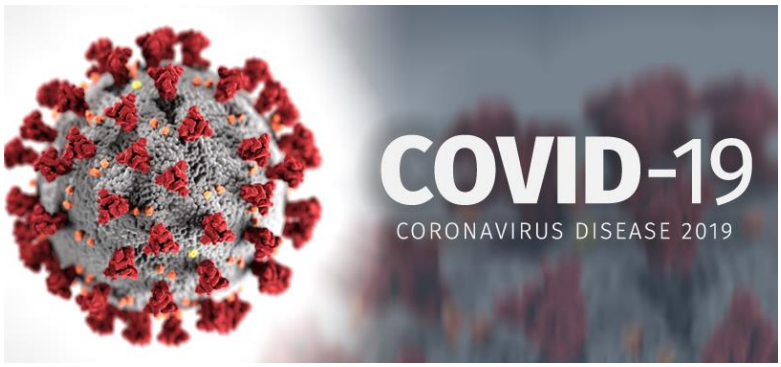
The Windsor Village Church Family



Facts & Care Steps

Last updated March 5, 2020
Please refer to the Centers for Disease Control and Prevention (CDC)'s website for most current guidance

Summary

Coronavirus Disease 2019 (COVID-19), aka, SARS-CoV-2, is an emerging illness. Many details about this disease are still unknown, such as treatment options, how the virus works, and the total impact of the disease or illness. At this time, the immediate health risk from COVID-19 is considered low for the general American public, who are unlikely to be exposed. Coronaviruses are a large family of viruses that are common in people and many different species of animals, including camels, cattle, cats, and bats. Rarely, animal coronaviruses can infect people and then spread between people such as with MERS-CoV, SARS-CoV, and now with this new virus (named SARS-CoV-2).

The SARS-CoV-2 virus is a betacoronavirus, like MERS-CoV and SARS-CoV. All three of these viruses have their origins in bats. The sequences from U.S. patients are similar to the one that China initially posted, suggesting a likely single, recent emergence of this virus from an animal reservoir.

New information, obtained daily, will further inform the risk assessment, treatment options, and next steps. General steps to keep in mind include:

- Decrease your exposure to other sick individuals
- Use hand hygiene and other measures to decrease the spread of any contagious illnesses
    - If you are running a fever you should not be in close contact with other people.
    - Cover your nose and mouth with a tissue when you cough or sneeze.
    - Wash your hands often with soap and water or products with at least 60% alcohol
- Refer to the Centers for Disease Control and Prevention (CDC)'s website for up to date guidance

Considerations

Is the coronavirus (COVID-19) a risk in the United States?

- This is a developing story. According to the CDC, the new coronavirus will likely start to spread in the United States over the next few months. It is not a question of whether it will happen, but when it will happen, and how many people will be infected and have a severe illness. The goal of the public health community is to slow the spread of the virus, so communities have time to prepare and limit the number of infections.
- According to the CDC, the risk of infection in the U.S. is currently very low for the general American public, who are unlikely to be exposed.

Why are people so worried about coronavirus?

- This is a new virus, and it is creating great concern in the community. There is not a vaccine yet for this novel virus, and we do not have a specific medicine to treat it. An effective vaccine could be months or even years away- most likely 12-18 months. Also, the coronavirus is contagious – similar to the flu. Most people who become infected with the coronavirus have a mild illness or may not even have any symptoms.

How do I know if this is the flu or coronavirus?

- Both are respiratory illnesses. Fever, cough, shortness of breath can be seen with both illnesses, and both can start very quickly with lots of aches and fatigue. People who become ill with coronavirus will develop severe respiratory symptoms. There are lab tests to confirm the diagnosis of flu and coronavirus, but the tests are not available in every state yet. Exposure to individuals who have traveled to an infected area is also essential information for a doctor to tell the difference.
- If you have symptoms, contact your healthcare provider.

How much more dangerous is coronavirus versus other outbreaks?

- Seasonal flu has about a ~0.1% mortality. This means that one person dies for every 1,000 infected. The coronavirus has a ~2% morality or 2 people die for every 100 infected. In contrast, the SARS (severe acute respiratory syndrome) outbreak in 2003 had a 10% mortality rate, meaning 1 in 10 people died.

If you are healthy and you get coronavirus, should you worry?

- If you are low risk (healthy, not elderly, or with chronic diseases), most likely, the illness will run the course similar to a mild case of the flu. You treat the fever, dry cough, and fatigue with hydration and rest. Studies have shown that the infection tends to be less severe in children.
- Some people develop a more severe case with shortness of breath and even respiratory failure. Those people need to seek immediate medical attention.
- People who think they may have been exposed to COVID-19 should contact their healthcare provider immediately.

General Information

How did the outbreak begin?

- In December 2019, there was a cluster of cases of pneumonia and respiratory diseases, first identified in Wuhan City, Hubei Province, China. Early on, many of the patients in the outbreak in Wuhan, China, had some links to their large seafood and live animal market.

What is causing the outbreak?

- A previously unknown virus is responsible for the infections. The virus was initially named the "2019 - novel coronavirus". The virus was later renamed "SARS-CoV-2", and the related disease is now called "coronavirus disease 2019" (or "COVID-19").

What is a coronavirus?

- Coronaviruses are a large family of viruses that are common in many different species of animals, including camels, cattle, cats, and bats. Other examples of coronaviruses include SARS-CoV and MERS-CoV.
    - SARS-CoV causes severe acute respiratory syndrome that had a global outbreak in 2003.
    - MERS-CoV is Middle East Respiratory Syndrome, which is a respiratory illness that had a global impact in 2012.

Is SARS-CoV-2 the same virus that causes the common cold?

- Other species of coronaviruses commonly infect humans that can cause mild illness, like the common cold. These are different from SARS-CoV-2 and its related disease, coronavirus disease 2019 (COVID-19).

How does SARS-CoV-2 spread to humans?

- The virus is thought to spread mainly from person-to-person. Examples of person to person transmission include:
    - Between people who are in close contact with one another (within about 6 feet)
    - Via respiratory droplets produced when an infected person coughs or sneezes
    - Droplets landing in the mouths or noses of people who are nearby or possibly that could be inhaled into the lungs
- In addition, other destinations have seemingly community spread because some people have been infected who are not sure how or where they became infected It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the primary way the virus spreads.

What are the symptoms of COVID-19?

- Patients with COVID-19 have reported mild to severe respiratory symptoms. Symptoms include fever, cough, and shortness of breath.

When do symptoms of COVID-19 occur?

- Symptoms may appear 2-14 days after exposure.

Is there a test to diagnose COVID-19?

- Yes. The CDC has developed a new laboratory test to evaluate patient samples for the presence of SARS-CoV-2. The CDC performs initial and confirmatory testing, as well as laboratories the CDC has designated as qualified, including U.S. state and local public health laboratories, Department of Defense (DOD) laboratories, and select international laboratories. The test will not be available in U.S. hospitals or other primary care settings at this time.

Is there a specific treatment available for COVID-19?

- There are currently no antiviral drugs licensed by the U.S. Food and Drug Administration (FDA) to treat patients with 2019-nCoV infection nor a vaccine to prevent the onset of COVID-19. Many companies are working with the CDC to develop treatments at this time. Vaccine development is not a quick process, but many are working with the CDC and their federal officials to support vaccine development as fast as possible.

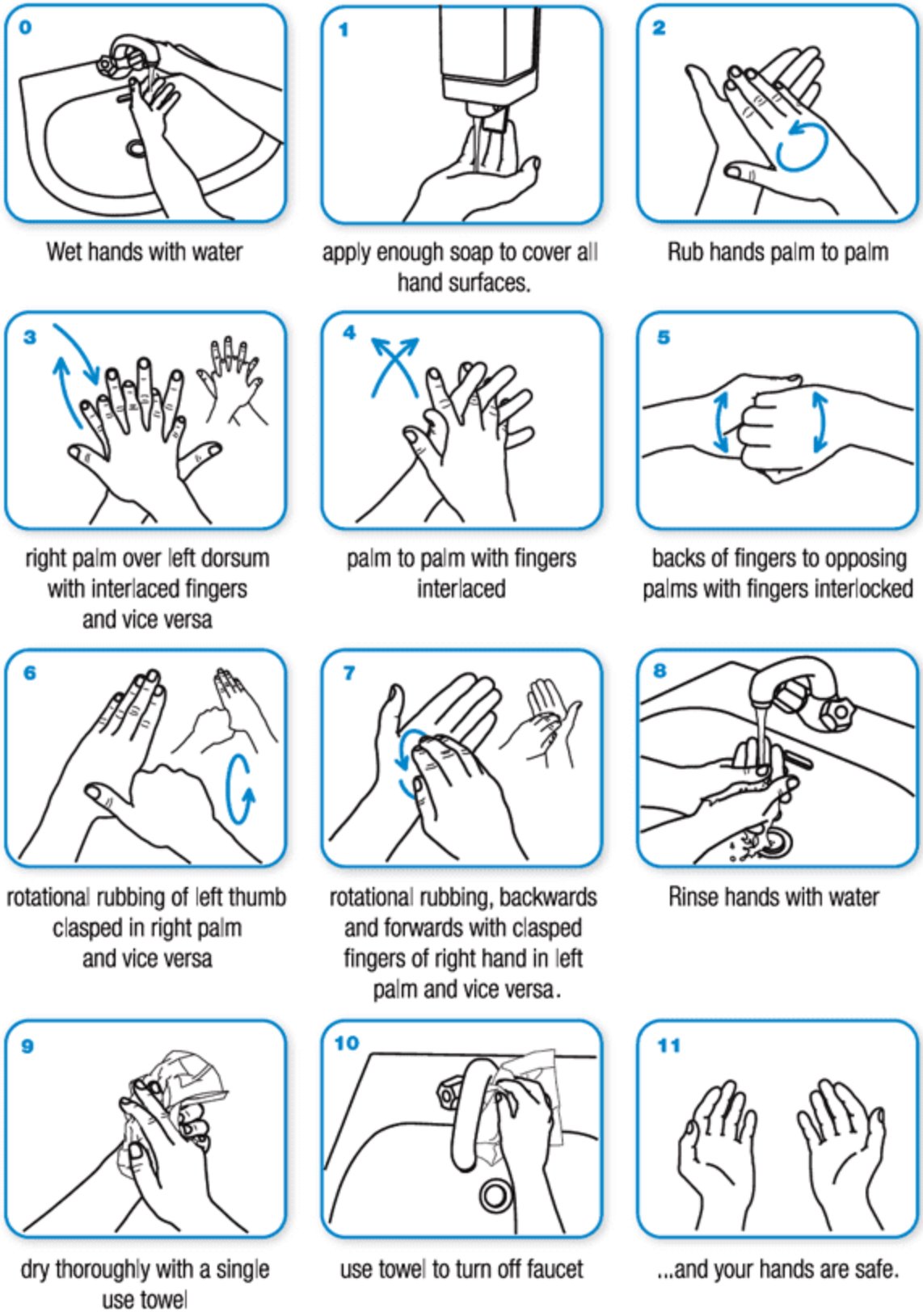
What determines the risk for COVID-19?

- The individual risk depends on exposure to the SARS-CoV-2.
- At this time, the immediate health risk from COVID-19 is considered low for the general American public, who are unlikely to be exposed to this virus
- Specific individuals will have an increased risk of infection, such as healthcare workers caring for patients with COVID-19 and other close contacts of persons with COVID-19.
- Assessment of this risk could change as in time if the spread of the virus increases.

Take Action

- If I am concerned about exposure or my symptoms, what steps should I take?
    - According to the CDC, the best way to prevent illness is to avoid being exposed to this virus. Stay home except to get medical care, and separate yourself from other people and animals in your home.
    - According to the CDC, if you develop a fever and symptoms of respiratory illness, such as cough or shortness of breath, within 14 days after travel from China or other infected areas, you should call ahead to a healthcare professional and mention your recent trip or close contact.
    - According to the CDC, if you have had close contact with someone showing these symptoms who have recently traveled from infected areas, you should call ahead to a healthcare professional and mention your close contact and their recent travel. Your healthcare professional will work with the Texas public health department and CDC to determine if you need to be tested for COVID-19.
    - People who think they may have been exposed to COVID-19 should contact their healthcare provider immediately.
- What steps can I take to decrease the spread of a virus?

    - Common sense measures are essential in controlling the spread of the disease. These steps are helpful to reduce the spread of any communicable virus, such as:
        - Try to avoid close contact with sick people.
        - While sick, limit contact with others as much as possible to keep from infecting them.
        - If you are running a fever, you should not be in close contact with other people.
        - Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands.
        - Wash your hands often with soap and water. This simple measure is the most effective method to control the spread of many viral illnesses. If soap and water are not available, use an alcohol-based hand rub. (The higher the alcohol percentage, the better)



- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect surfaces and objects that may be contaminated with germs thoroughly and often.

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- What other communicable diseases could cause similar symptoms, and what should I do?

    - Influenza, a contagious respiratory illness caused by the influenza viruses (Type A and Type B), has high activity in the United States at this time. Young children, older adults, pregnant women, and those with certain health conditions, such as asthma, diabetes, cancer, or HIV/AIDS, are at higher risk for influenza.
    - Everyone 6 months and older should receive an influenza vaccine.
    - Contact your healthcare provider for suspected flu infection. Treatment for influenza includes:
        - Antiviral drugs can treat flu illness
        - Antiviral drugs are different from antibiotics. Flu antivirals are prescription medicines (pills, liquid, intravenous solution, or an inhaled powder) and are not available over-the-counter
        - Antiviral drugs can make illness milder and shorten the time you are sick. They also can prevent serious flu complications, like pneumonia

References

- Centers for Disease Control and Prevention - https://www.cdc.gov/coronavirus/2019-ncov
- European Centre for Disease Prevention and Control - https://www.ecdc.europa.eu/en
- World Health Organization - https://www.who.int/emergencies/diseases/novel-coronavirus-2019