



# Coronavirus 2019 (COVID-19): What You Need to Know

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## **What is coronavirus 2019 (COVID-19)?**

COVID-19 is a respiratory illness that can spread from person to person. It is a new coronavirus that was first identified during an outbreak in Wuhan, China. As of March 3, there have been ~100 cases identified in the U.S. and that number is expected to increase.

## **How does COVID-19 spread?**

Most likely, the virus is spread through droplets that get into the air from an infected person coughing or sneezing. The virus may also spread through direct contact with surfaces touched by an infected person.

## **What are the symptoms of COVID-19?**

Symptoms can range from mild to severe cough, congestion, shortness of breath, and/or fever. In most cases, the symptoms are mild which can make detection difficult and increase the risk of spread to others. Less commonly, a vulnerable person can develop pneumonia, acute respiratory distress syndrome (ARDS), and/or respiratory failure. Those most at risk for severe illness includes older adults and those with underlying respiratory problems.

## **How can we prevent the spread of COVID-19?**

- Avoid close contact with people who are sick with respiratory symptoms and/or fever
- Wash your hands frequently with soap and water for at least 20 seconds OR use an alcohol-based hand sanitizer rubbing until your hands feel dry
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Stay home when you are sick and away from other people
- Cover your cough/sneeze with a tissue OR cough/sneeze into your elbow if a tissue is not available
- Clean and disinfect frequently touched objects and surfaces such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, and keyboards with common household cleaner solutions

## **What should you do if you feel sick?**

- Stay home and away from other people
- Avoid sharing personal household items such as dishes, glasses, utensils, towels, and/or bedding
- Call or email your doctor's office if you are concerned about your symptoms
- Seek medical attention at a doctor's office, urgent care, or emergency room if you develop worsening or more severe symptoms

## **Is there a treatment for COVID-19?**

Currently, there is no vaccine or specific treatment directed at the COVID-19 virus. In rare cases, patients with severe symptoms may require hospital admission for monitoring and supportive care including oxygen. How will we be notified about any possible changes to the church's schedule? Any changes to regularly scheduled church activities will be communicated through constant-contact email and/or through updates to the church website.

**Need more information?** CDC Website: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>