

# COVID-19 FACT SHEET Prepared by Mike McGee, MD, MPH

FOR INFO OR CONCERNS, go to [www.chicago.gov](http://www.chicago.gov) or [www.cdc.gov](http://www.cdc.gov)

If you think you have COVID-19, call [Chicago Dept of Health 312-746-SICK](tel:312746SICK)

## General Info:

**COVID-19:** "CO" stands for corona (crown-like shape), "VI" for virus, and "D" for disease. The "-19" indicates the year that it was first detected in 2019. The virus that causes the disease has been named SARS-CoV-2 (Severe Acute Respiratory Syndrome Coronavirus 2).

Virus spreads through droplets from the mouth & nose of a person with COVID-19 after coughing, sneezing, or exhaling. Other people can then pick up the virus by breathing in droplets or coming into surfaces (Fomite – inanimate objects) that have been contaminated with the droplets (such as by touching an object and then touching parts of the face).

## Typical Symptoms:

- Starts with a fever, followed by a dry cough
- After a week, can lead to shortness of breath (20% of pts make require hospital tx)
- Rarely causes runny nose, sneezing, or sore throat (only about 5%)
  - Sore throat, sneezing, & stuffy nose are signs of a cold or URI.
  - Fever, bodyaches, chills may be signs of the flu.
- **How long do symptoms last:**
  - Mild cases: approximately 2 weeks (14 days)
  - Severe or critical disease: 3-6 weeks
  - Time from onset to development of severe disease (Including hypoxia): 1 Week

**80% of cases are mild (with flu-like symptoms) and can recover at home (14 days max)**

**13.8% are severe (pneumonia and shortness of breath)**

**4.7% as critical and can include: respiratory failure (ARDS), septic shock, and multi-organ failure).**

## COVID-19 Fatality Rate by Age

AGE (years old)	Death Rate (all cases)
80+	14.8%
70-79	8%
60-69	3.6%
50-59	1.3%
40-49	0.4%
10-39	0.2%
0-9	No Fatalities

Mortality Rate for Young has been much higher than these rates indicate especially for front line workers

**Treatment: DO NOT OVERWHELM ERs, IF YOU HAVE MINOR SYMPTOMS (call CDPH 312-746-SICK).**

**4 Cs:** Christ first, Clean (wash hands 20-30s), COVER (Cough into your sleeves), CONTAIN (Elbow Bump, Stay home if Mild)

Keep Resistance (Immune System) High by getting plenty of sleep.

Take Vitamins (Vitamin C & One a Day) and Sambucol Black Elderberry Gummies)

If you have a fever (Don't panic), take Tylenol Extra Strength (2 tabs) every 6 hours as needed

CRISIS TEXT LINE |

Menu

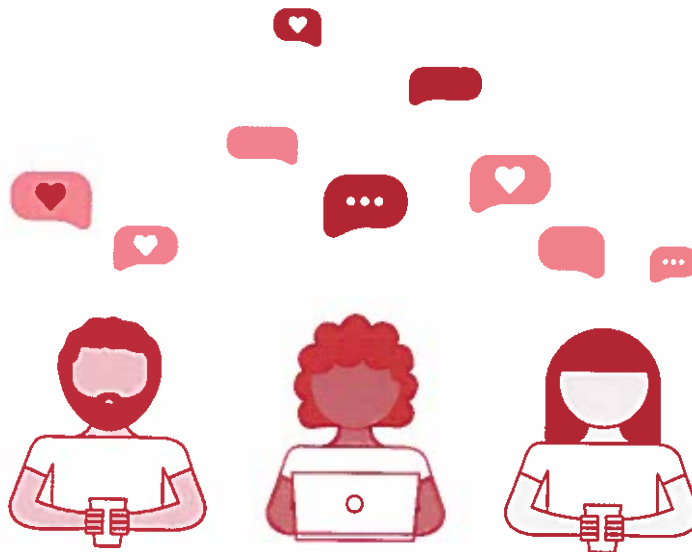


In a crisis?

**Text HOME to  
741741 to connect  
with a Crisis  
Counselor**

Free 24/7 support at your fingertips

[Text Us](#)



## COVID-19 GUIDELINES

COVID Update: Monday, March 31<sup>st</sup> (USA 163K + cases/ 20K new cases in one day/565 deaths in one day) source is [www.worldometers.info](http://www.worldometers.info)

6 cheap mental health resources during COVID Crisis  
<https://apple.news/ADJ7dEXEaTIOCINwqNV3rcA>

Text HOME to 741741 for 24 HR COVID Crisis Hotline (see below).

### Prevention of COVID:

- **4 Cs:** Christ First (pray like never before), Clean (hands, surfaces), Cover (mouth, cough, sneezes), Contain (Self isolate and quarantine). Keep droplets to yourself.
- **Social Distance:** stay 6 feet away. Avoid sick people. Try not to touch your face. Consider wearing masks and 1 glove (one on one hand to open doors, handles, etc.) w/going out. The other hand ungloved to talk on phone, go in pockets. 2 gloves can cross infect.
- Take medicines for any chronic diseases and go to your physician appointments
- Build your immune system by:
  - Eating Healthy (Vegetables, greens, Fish, baked products, etc)
  - Get plenty of sleep and rest (don't lower you resistance)
  - Exercise, get into a routine despite sheltering in.
  - Keep hydrated to prevent dehydration (but not excessive)
  - Consider Vitamins C, protein drinks, Elderberry, etc.
- Don't drink alcohol or drink excessively (occasional wine)
- Don't smoke (underlying lung disease can exacerbate COVID infection)
- Decrease anxiety: (stop watching COVID News, read bible/book, have family prayer sessions, play board games, get to know family or significant others, call loved ones, teleconference), etc.

### Recommendations, if infected:

- **Self Isolate/Home Isolation**
- **Wear a facemask** (do not cough on anyone or objects)
- **Buy a thermometer (must monitor) and finger pulse oximeter (O<sub>2</sub> sats >93%). Consider spirometry**
- If you have a fever, do not to take NSAIDS (ibuprofen, motrin, alleve, naprosyn). May hasten infection due to inflammatory process and make symptoms worse. Also, may cause renal problems. Only use Tylenol, if possible.
- If fever persists, consider tepid baths or cool compresses in axilla or groin.
- If you have asthma or COPD plus a + COVID Test, if mild to mild-moderate try not to use nebulizers treatments for shortness of breath (sob), this aerosolizes the virus

making the potential for spread to the caregiver more possible. If moderate to severe, use nebulizers when alone.

- Consider Using Inhaler with mdi spacers for mild to moderated asthma or COPD.

#### To Discontinue Home Isolation:

- May return to normal activities after at least 7 days have passed since symptoms begin **and 72 hours after fever** is gone without fever reducing meds **and** other symptoms are improving.

-or-

- You had 2 Negative tests in a row, 24 hours apart **and** no fevers without fever reducing meds **and** other symptoms have improved.

#### If symptoms worsen (go to ER, if able to tolerate put on facemask):

- If you have Heart Disease, High Blood Pressure, Diabetes, Immunocompromised, Cancer, etc, and symptoms get worse, **GO TO ER**

-or-

- If worsening shortness of breath (Respiratory Rate or Fast Breathing > 30/m), Pulse Ox: O<sub>2</sub>Saturation < 89-90%, Persistent Heart Rate > 120

-or-

- New Confusion or inability to arouse or syncope (passing out)

-or-

- Bluish Lips or face

-or-

- Persistent pain or pressure in the Chest (may have myocarditis)