

# COVID-19 FAQ



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## 1 HOW IS COVID-19 SPREAD?

SARS-CoV-2, the virus that causes COVID-19, is primarily transmitted through respiratory droplets and by contact either directly or indirectly via objects. Respiratory droplets are expelled most by people coughing or sneezing and can travel 6 feet. There is little evidence that the virus can travel in the air.



## 2 HOW DO I PROTECT MYSELF?

There are many important measures to prevent the spread of COVID-19. WHO recommends maintaining physical distance (greater than 6 feet) from others, practicing good hand hygiene, avoiding touching your face, and sneezing or coughing into your bent elbow.



## 3 SHOULD I WEAR A MASK?

There has been growing evidence that wearing a mask can help prevent the spread of COVID-19. For this reason, the CDC is now recommending that cloth/fabric masks be worn by **everyone** in public. Due to shortages within the healthcare community, we strongly advocate for the use of homemade masks. The use of a mask alone is not sufficient protection from COVID-19. It is essential to continue good hand hygiene and social distancing. Make sure to wash your hands before putting on the mask and after taking off the mask. Wash the mask regularly.



## 4 IF I HAD COVID-19, HOW LONG SHOULD I ISOLATE FOR?

The CDC recommends that patients remain in isolation until, **fever** shortness of breath, cough, and nausea **resolve** and the patient tests **negative** for the virus **twice** (each test being one day apart). You can also end isolation if symptoms and fever resolve for 72 hours and the beginning of symptoms was more than 7 days ago. However, studies have shown that patients can test positive for the coronavirus after testing negative twice. Therefore, patients should still monitor temperature and symptoms for 2 weeks following isolation.



## 5 WHAT IS QUARANTINE AND HOW LONG IS IT RECOMMENDED FOR?

Quarantine is when you stay away from other people because you were exposed to coronavirus and are not sure if you have the disease. It is very important that you stay away from other people because you can infect other people even if you do not feel sick. The government and most scientists recommend a 14 day quarantine. However, a few studies suggest people should quarantine for 21 days. There is a small chance that as we learn more about the coronavirus we may find that a longer quarantine period is better.



## 6 WILL THE SUMMER WEATHER END THE SPREAD?

While there is some evidence that SARS-CoV2 may be partially sensitive to low temperatures/humidities, this data is still evolving. Since no one is immune to the virus, it is unlikely that higher temperatures/humidity will significantly slow the spread of SARS-CoV2 globally; however, this data can help determine the magnitude of public health measures necessary in particular regions of the world.



## 7 WHERE ARE YOU GETTING THIS FROM?

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