



# COVID-19 Facts You Need to Know

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## Objectives

- 💡 What is COVID-19
- 💡 Recognize the common responses to Critical Incidents
- 💡 What are the signs & symptoms of COVID-19
- 💡 Who is at risk
- 💡 How it spreads
- 💡 How to protect yourself from getting the virus
- 💡 Prevent spreading the virus
- 💡 Common Myths
- 💡 Manage stress and anxiety
- 💡 Helping children cope
- 💡 Avoid panic & hysteria





## COVID-19

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.\*

\* Source: CDC

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## Normal Responses

💡 <b>Shock:</b>	Feeling Numb
💡 <b>Confusion:</b>	Feeling Lost
💡 <b>Anxiety:</b>	Feeling Anxious
💡 <b>Fear:</b>	Feeling Scared
💡 <b>Anger:</b>	Feeling Outrage
💡 <b>Denial:</b>	Feeling Helpless
💡 <b>Depression:</b>	Feeling Overwhelmed



## Signs & Symptoms

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed COVID-19 cases. The following symptoms may appear **2-14 days after exposure**.

- **Fever: 100.4 or above**
- **Cough**
- **Shortness of breath**



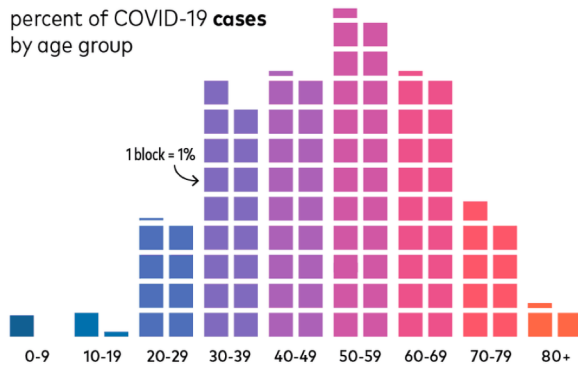
## Who Is at Risk?

While we are still learning about how COVID-2019 affects people, older persons and persons with pre-existing medical conditions (such as high blood pressure, heart disease, lung disease, cancer or diabetes) appear to develop serious illness more often than others. \*

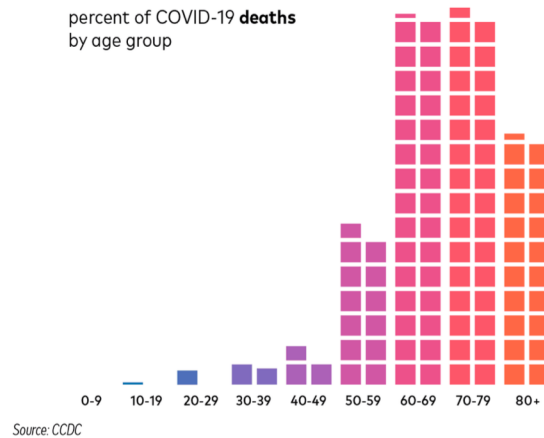
\* Source: WHO

## STATISTICS

percent of COVID-19 **cases**  
by age group







percent of COVID-19 **deaths**  
by age group



Source: CCDC

## How It Spreads

### Person-to-person spread:

-  The virus is thought to spread mainly from person-to-person.
-  Between people who are in close contact with one another (within about 6 feet).
-  Through respiratory droplets produced when an infected person coughs or sneezes.
-  These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

## How It Spreads...con't

### Can someone spread the virus without being sick?

- 💡 People are thought to be most contagious when they are most symptomatic
- 💡 Some spread might be possible before people show symptoms; there have been reports of this occurring with this new coronavirus, *but this is not thought to be the main way the virus spreads.*

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## How It Spreads...con't

### Spread from contact with infected surfaces or objects:

- 💡 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 main way the virus spreads.

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## Protect Yourself

**People can help protect themselves with everyday preventive actions.**

- 💡 Avoid close contact with people who are sick.
- 💡 Avoid touching your eyes, nose, and mouth with unwashed hands.
- 💡 Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

## Facemask

**Follow CDC's recommendations for using a facemask.**

- 💡 CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
- 💡 Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others.
- 💡 The use of facemasks is also crucial for health workers and people taking care of others at home or in a health care facility.

## Prevent Spreading

**If you suspect that you have contracted the virus, follow these steps:**

- 💡 Call you health care provider before going to the Dr. or hospital
- 💡 Isolate yourself and self-quarantine
- 💡 Separate yourself from your family & pets
- 💡 Work from home instead of going to the office
- 💡 Clean common areas & 'high-touch' services
- 💡 Wear a facemask & cough into your elbow or tissue
- 💡 Use one container for tissues & soiled cleaning wipes
- 💡 Monitor your symptoms
- 💡 Get clearance from healthcare provider before going back in public

## Common Myths

- 💡 Antibiotics work on viruses
- 💡 Pneumonia vaccines prevent the virus
- 💡 Spraying your body with chlorine prevents the virus
- 💡 A hot bath or hand dryers will kill the virus
- 💡 Using products made in China or other infected countries will harm you
- 💡 Rinsing your nose with saline solutions prevents the virus
- 💡 Your pet can transmit the disease
- 💡 Eating garlic will prevent the virus
- 💡 Eating at your local Chinese, Italian, Korean, or Mediterranean restaurant is dangerous

- 💡 Acknowledge your situation
- 💡 Keep things in perspective
- 💡 Set realistic expectations
- 💡 Get adequate rest
- 💡 Maintain a healthy diet
- 💡 Cut back on unhealthy habits
- 💡 Implement stress-management practices
  - Deep breathing
  - Progressive relaxation
  - Guided imagery
  - Gratitude



## Self-Care Strategies

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## Helping Children Cope

- 💡 Talk to them honestly
- 💡 Acknowledge their concerns
- 💡 Give them reassurance
- 💡 Model good coping skills
- 💡 Moderate & monitor TV and social media
- 💡 Maintain normal schedules and routines
- 💡 Encourage positive activities
- 💡 Give children control of activities, clothes, food, etc.



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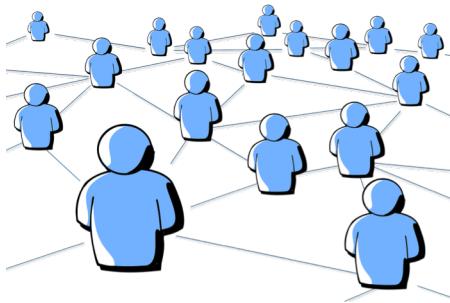


## SUMMARY: Avoid Panic & Hysteria



- ✓ Fact vs. fear
- ✓ Evidence vs. emotion
- ✓ Stigma vs. reality
- ✓ Maintain positive outlook
- ✓ Financial markets
- ✓ Reach out for support
- ✓ Utilize your EAP and health-care resources within your organizations

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CDC: <https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>

World Health Organization:

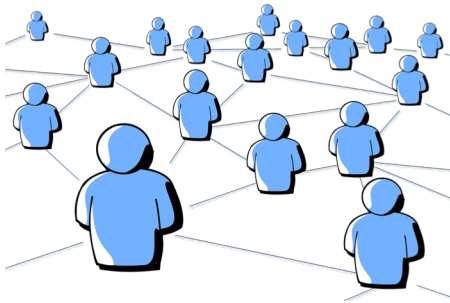
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

National Association of School Psychologists:

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

## Resources

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SAMHSA: <https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/SMA14-4886>

Kids Health: <https://kidshealth.org/en/parents/coronavirus-how-talk-child.html?WT.ac=p-ra>

*\* For current and up-to-the-minute updates - visit the CDC & WHO websites*

## Resources

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Thank you for your time and attention!

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