

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

FOR INFO OR CONCERNS, go to www.cdc.gov or email ISDH epiresource@isdh.in.gov

If you think you have COVID-19, call **ISDH Help Line at 317-233-7125**

IU Health **Free Coronavirus Virtual Testing:** www.iuhealth.org (follow Coronavirus prompts)

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 may 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

Treatment: DO **NOT** OVERWHELM ERs, Urgent Cares, or Doctors Offices. IF YOU HAVE MINOR SYMPTOMS (call ISDH Help Line at **317-233-7125**).

3 Cs: 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 and Ibuprofen 2-3 tabs (400-600) every 6 hours as needed, if no kidney disease or ulcers.