HOW IS COVID-19 DIFFERENT FROM THE FLU?

COVID-19 is different from the families of viruses that cause the common cold or seasonal influenza

- It is more harmful and contagious than the common cold or seasonal influenza
- Infected individuals may not show symptoms for up to a week
- Mortality rate is at least 10x that of seasonal influenza
- 1 in 6 people with COVID-19 infection require hospitalization
- There is not yet a vaccine
- There is no approved treatment

WHAT CAN WE EXPECT IN OUR REGION?

- Spread of the virus over the next few days to weeks with peak expected in April
- Ramp up of testing, which will reveal more cases
- Healthcare providers will be in high demand

"If 1 in 100 Wisconsin people require hospitalization due to COVID-19 in a short period of time, the need for hospital beds will exceed capacity of our state's hospitals by a factor of 15. It is everyone's responsibility to take action now to mitigate the spread of COVID-19."

- John R. Raymond, Sr., MD, President/CEO, Medical College of Wisconsin

WHY ACT NOW?

SLOW THE SPREAD

- Do not meet-up in person with groups of people
- Use physical distancing principles when people are in the same room - 6 feet distance is recommended
- Wear a cloth face covering over mouth and nose when in public. Recommended coverings include scarves, bandanas and cloth masks
- Wash hands frequently, scrub fingers and nails

ACKNOWLEDGE THE RISKS

- Anyone can be infected, including children and healthy adults
- Increased risk of spreading to older adults and those with underlying or chronic health conditions like heart disease, lung disease
- Compromising one's mental health and well-being due to worry and anxiety of contracting virus, not having access to resources, loss of wages, not being near loved ones, isolation, or loss of control

Sources: CDC, WHO, WI DHS

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covid19.mcw.edu
CORONAVIRUS (COVID-19)

SIGNS AND SYMPTOMS*

- Fever
- Cough
- Shortness of breath

*These symptoms may appear 2-14 days after exposure. They can progress quickly to pneumonia

WHAT TO DO?

What to do if you have been exposed and/or have symptoms.

- Do call your healthcare provider for advice.
- Do not visit primary care, urgent care or the emergency room for your symptoms unless instructed by your healthcare provider.

TIPS FOR WELL-BEING

Maintaining empathy, connection, and calmness reminds us that we are all in this together, even when we are more isolated than usual.

- Show kindness to others when they are feeling stressed
- Connect with friends and family virtually
- Manage your information intake - go to reliable sources and limit news consumption
- Increase your positive emotions - gratitude exercises, reach out to others
- Practice mindfulness or other relaxation strategies
- Get exercise - outdoors if possible
- Maintain a reasonable sleep schedule
- Strive for healthy nutrition

WHERE TO GET MORE INFORMATION?


World Health Organization: who.int/emergencies/diseases/novel-coronavirus-2019

WI Dept of Health Services: dhs.wisconsin.gov/disease/coronavirus.htm

Sources: CDC, WHO, WI DHS

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PRECAUTIONS

- Clean hands often with soap and water or alcohol-based hand sanitizer
- Reduce contact with groups of people
- Maintain 6 foot distance in social places
- Alternate greetings - no handshakes or hugs
- Disinfect frequently touched surfaces
- Limit food sharing
- Wear a cloth face covering over your mouth and nose when in public (scarves, bandanas, cloth masks)
- If you’re sick, stay home and call your healthcare provider for advice

Download here: worldhealthorganization:who.int/emergencies/diseases/novel-coronavirus-2019