CORONAVIRUS: WHY SOCIAL DISTANCING IS IMPORTANT, WHY IT WORKS

A Coronavirus Quick Fact Sheet Developed from Health and Medical Resources and Websites

Please note: Every effort has been made to carefully research this article using only legitimate health and scientific sites. Because this disease is so new, there is still much that is not known, and even legitimate, authoritative sites can offer conflicting information (such as for how long the virus will last on solid surfaces). In those cases, we have tried to site the information providing the widest scope of protection.

1. **What is Coronavirus, also known as 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.¹

2. **What is Social Distancing?**² is a term applied to certain actions that are taken by Public Health officials to stop or slow down the spread of a highly contagious disease.² This phrase refers to limiting the number of people who gather in any location at one time, and to putting a minimum of six feet of distance between oneself and others who are not family members.

3. **Recommended limits on Social Gatherings?**³ As of March 16, the President advises limiting gatherings to 10 people or less.

4. **How many cases of Coronavirus are there in my state?**⁴ A 17 year old young man coded a website called nCoV2019.live in which you can track the number of cases of coronavirus, the number of deaths, and the number of recoveries across the world, and in each U.S. State. For information by county, visit your county’s website.

5. **If there are only a few cases of the viruses in my County, why should we be so cautious?**⁵ The first case of Coronavirus in the U.S. was identified on January 20, 2020. As of March 16, 2020, 3606 cases have been identified⁵ of which 63 people have died and 8 people, or 1 % have recovered. This disease spreads quickly and exponentially.

6. **Isn’t the flu a bigger threat?**⁶ It appears that the risk of death with the pandemic coronavirus infection (commonly estimated at 3% to 4%) is less than it was for SARS (approximately 11%) and MERS (about 35%), but may be higher than the risk from seasonal flu (which averages about 0.1%).

7. **What are the symptoms of COVID-19, also referred to as the Coronavirus?** - The following symptoms may appear 2-14 days after exposure: Fever, Cough, Shortness of breaths.⁷ In some

³ https://www.npr.org/2020/03/16/816268413/white-house-to-give-update-on-coronavirus-plans-and-tests
⁴ https://ncov2019.live/
⁵ https://ncov2019.live/
cases, there is fatigue, coughing and body aches. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.8

8. How long is it between when a person is exposed to the virus and when they start showing symptoms?9 Based on current information, symptoms could appear as soon as three days after exposure to as long as 13 days later. Recently published research found that on average, the incubation period is about five days.

9. Who Is Most at Risk?10 Older adults, People who have serious chronic medical conditions like: Heart disease, Diabetes, Lung disease11

10. Are Children at Risk?12 Children, including very young children, can develop COVID-19. However, children tend to experience milder symptoms which can include cold-like symptoms, such as fever, runny nose, and cough. Vomiting and diarrhea have also been reported. Children with underlying health conditions may be at increased risk for severe illness.

11. Is there a Vaccine?13 Currently, there is no known vaccine.

12. How far apart should people be for distancing – Most sources indicate that you should stand a minimum of six feet apart, or may be at risk14.

13. How long with the coronavirus remain on inanimate objects?15 Without proper cleansing with a disinfectant to remove it, the coronavirus can live on metal, glass and plastic from two hours to nine days. There are no noticeable signs that it is there.

14. Can a person who has had coronavirus get infected again?16 At present, that is unknown. Most people would likely develop at least short-term immunity to the specific coronavirus that causes COVID-19. However, you would still be susceptible to a different coronavirus infection. Or, this particular virus could mutate, just like the influenza virus does each year.

15. Are there long-term effects from Coronavirus?17 While it is too early to know for certain about long-term effects, in a small study done by the Hong Kong Hospital Authority of 12 patients who had recovered, they found organ damage and a drop of 20% to 30% in lung capacity in approximately 25% of those who had recovered. Further study is required to be certain.

16. Is Coronavirus Spread through food?18 - Coronaviruses are generally thought to be spread from person-to-person through respiratory droplets. Currently there is no evidence to support transmission of COVID-19 associated with food. Before preparing or eating food it is important to always wash your hands with soap and water for 20 seconds for general food safety.

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8 https://www.who.int/health-topics/coronavirus
16 https://www.health.harvard.edu/diseases-and-conditions/coronavirus-resource-center#general
17. **What to do if you are sick** - If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.19
   a. Stay home except to get medical care, as directed by doctor: Stay home, Avoid public areas, Avoid public transportation
   b. Separate yourself from other people and animals in your home - Stay away from others, Limit contact with pets & animals, When possible, have another member of your household care for your animals while you are sick. (If you are sick with COVID-19, avoid contact with your pet, including petting, snuggling, being kissed or licked, and sharing food.)
   c. Call ahead before visiting your doctor – If you have an appointment, Call ahead before visiting your doctor
   d. Wear a facemask if you are sick.
   e. If you care for someone who is sick, do not stay in the room with them. If they cannot wear a facemask, you should wear one when entering the room.

18. **Advised Personal Hygiene**20 - Cover your coughs and sneezes, then discard tissue and wash hands; Clean Hands often with soap and water for at least 20 seconds; If soap and water is not available, use hand sanitizer; avoid touching eyes, nose and mouth.
   a. Avoid sharing personal household Items21
   b. Clean areas that are high touch with household cleaners22

19. **Do NOT believe the facebook post, supposedly from Stanford, that gives advice for checking if you have the disease, and ways to prevent it.** Stanford responds to that post in this article.23

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Report Researched and developed by Carol White Llewellyn – Some of the passage are taken directly from articles listed in the footnotes, in order to retain accuracy. This is simply a consolidation of information from authoritative resources and is not intended as plagiarism. We plan to update as new, insightful information becomes available.