



COVID-19 GUIDANCE

October 2020 Update

About this Guidance

This Guidance is for SARS-CoV-2, a new virus that causes an illness called COVID-19.

It was identified at the beginning of this year.

We are constantly learning about it and information about it changes often, so it's important to check trusted sources regularly.

In this Guidance

We look at what the world has learned about:

- The pandemic
- Transmission
- Prevention
- What COVID-19 does to people
- Care
- Treatment
- Vaccines

The Pandemic

As of Friday 2 October, 2020:

34,438,827 people have been infected

1,025,083 people have lost their lives

SOURCE: <https://coronavirus.jhu.edu/map.html>

Transmission

Transmission

Coronavirus is airborne.

It spreads when a person who has it coughs, sneezes, sings, talks or exhales. They release virus-laden droplets and aerosols (much smaller particles that stay in the air much longer than heavier droplets).

People get infected when they inhale these dropets and aerosols, or if they land inside the nose, eyes or mouth.

Sun and wind are your friends—the sun can inactivate the virus and the wind can blow it away.

Transmission

It's possible, but not likely, that people could become infected if they touch a surface that has droplets/aerosols and then touch their eyes, nose or mouth, allowing them to enter the body.

It is still important to wash your hands for at least 20 seconds with soap and water or sanitizer with 70% alcohol—and not to touch your face (unless you have just washed your hands).

Prevention

Prevention

Wear a mask that covers your mouth and nose, especially indoors.

The outdoors is your friend. Avoid crowded, poorly ventilated indoor spaces.

‘Social distancing’—stay 2 meters (6 feet) away from other people.

Stay away from sick people.

Get tested, and isolate if you find out that you have been in contact with someone who has COVID-19 or if you feel ill.

Wash your hands thoroughly and often, and don’t touch your face unless you have just washed your hands.

What COVID-19 does to people

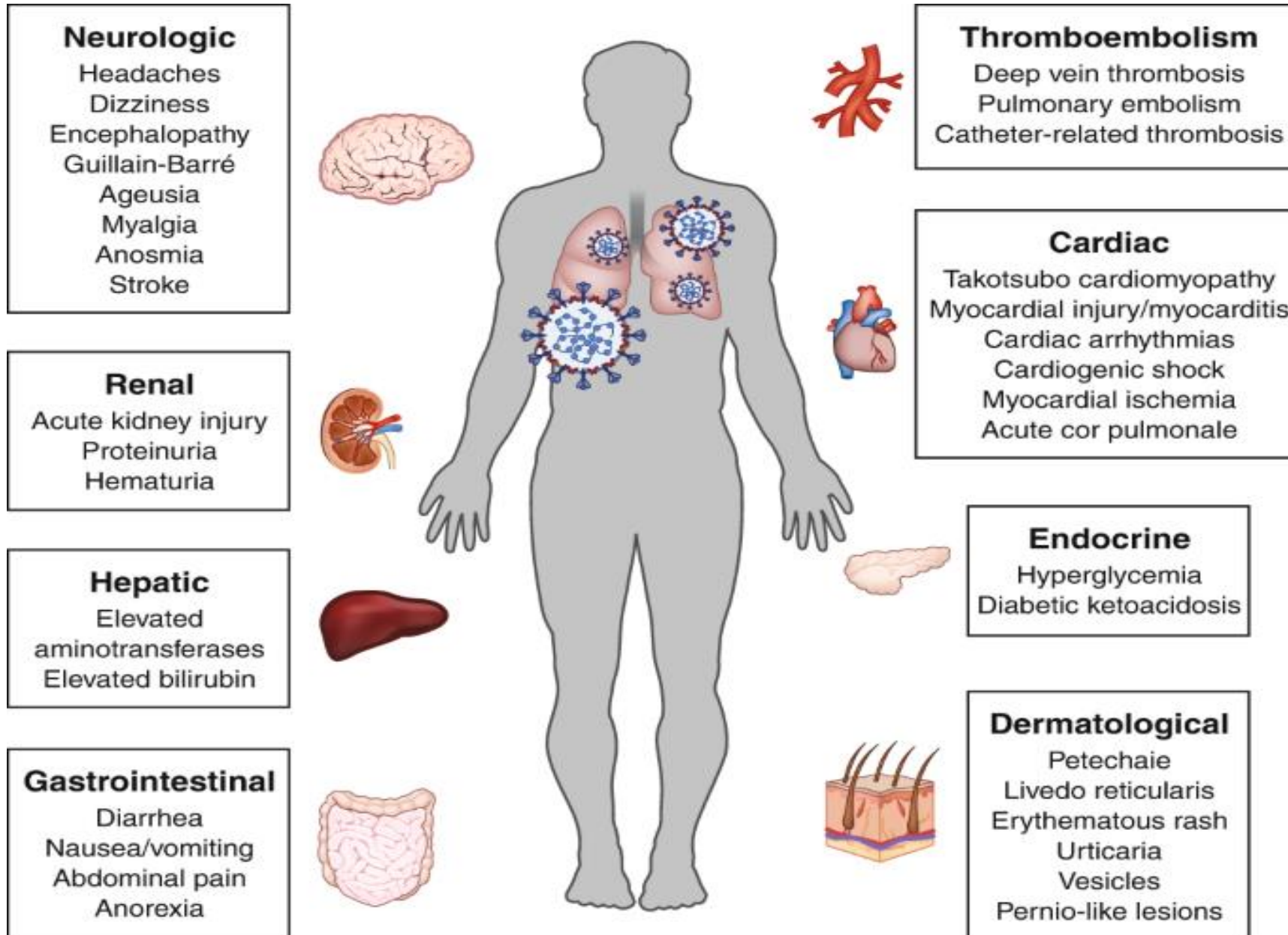
What COVID-19 does to people

Some people (~45%) get COVID-19, but never have any symptoms. This means we have to assume that anyone could have it.

Most people will fall ill within 4-5 days, but it can take up to 2 weeks for symptoms.

The most common symptoms are: fever, chills, dry cough, shortness of breath or difficulty breathing, appetite loss, nausea or vomiting, diarrhea, fatigue, muscle and body aches, headaches, loss of the sense of smell and taste, sore throat, stuffy or runny nose, conjunctivitis, skin rash and discolored fingers and toes.

What COVID-19 does to people



What COVID-19 does to people

“COVID toes”



What COVID-19 does to people

The virus itself can make people very ill.

COVID-19 can have an impact on gastrointestinal, cardiac, renal, neurological, and vascular systems. It can damage the heart, lungs, kidneys, liver and cause strokes.

The immune response to the virus can also make people very ill COVID-19 can trigger 'cytokine storm', when the immune system attacks tissues and cells.

What COVID-19 does to people

Lingering COVID

Some people are ‘long-haulers’—they have a range of symptoms that persist for months, including shortness of breath, chest tightness, mild to severe fatigue, chills or sweats, body aches, dry cough, fever (98.8°-100°), mild headache, brain fog/concentration challenges and gastrointestinal symptoms. This is happening to people of all ages, including those who are fit, young and healthy.

A US study reported that 35% did not return to health for weeks.

What COVID-19 does to people

COVID Re-infection

Does the immune system protect people who have had COVID-19?

Can you get re-infected with SARS-CoV-2?

Care

Care

People with mild COVID-19 usually recover at home; rest, fluids and fever reducers are recommended.

People who are elderly and/or have a pre-existing condition should check with a healthcare provider, and be monitored by family, friends or HCW.

Care

People with moderate to severe COVID-19, especially those with pre-existing conditions, may need to be hospitalized, where they may be given oxygen and other medicines to make them more comfortable.

Treatment

Treatment

Thousands of clinical trials are looking at treatments for COVID-19. So far, two have proven effective.

- **Remdesivir** is an antiviral given by infusion. It does not improve survival, but it got people with COVID-19 out of the hospital 4 days faster. Access remains very limited, and prices high.
- **Dexamethasone**, a steroid, is available as a generic. It improves survival rate in people who are very ill—on a ventilator or oxygen—but it does not help people with milder COVID-19.

Vaccines

Vaccines

Dozens of vaccines are in development, using different approaches to train the immune system to recognize and fight off SARS-CoV-2.

The good news is that most of them seem to produce immune responses against the virus- but we need to learn if these responses will protect people from becoming infected, or at least from falling ill with COVID-19, which takes some time.



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