

AMERICAN ENGLISH VERSION

DISCLAIMER: PLEASE NOTE THAT THE FOLLOWING INFORMATION MAY CHANGE. FOR THE MOST UPDATED INFORMATION ABOUT COVID-19, REFER TO WHO (WORLD HEALTH ORGANIZATION), CDC (CENTERS FOR DISEASE CONTROL AND PREVENTION), NIH (NATIONAL INSTITUTE OF HEALTH), STATE, CITY/TOWN GUIDELINES (MASS.GOV OR MA DEPARTMENT OF PUBLIC HEALTH)

THE INFORMATION BELOW IS INTENDED TO PROVIDE ANSWERS TO COMMON QUESTIONS ABOUT THE CORONAVIRUS. IT IS NOT INTENDED TO TREAT OR REPLACE ADVICE BY MEDICAL PROFESSIONAL OR GUIDANCE PROVIDED BY THE LOCAL GOVERNMENT.

ABOUT COVID-19

Other names CORONAVIRUS-19, nCoV-19, SARS-CoV-2. **SARS STANDS FOR SEVERE ACUTE RESPIRATORY SYNDROME**

WHAT IS COVID-19?

Coronavirus disease is an infectious disease caused by a newly discovered coronavirus. (WHO) The name is based on the crown or halo like appearance. (NIH). The disease can cause mild to severe symptoms.

HOW IS COVID-19 TRANSMITTED OR SPREAD?

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it's important that you also practice respiratory etiquette (for example, by coughing into a flexed elbow). (WHO)

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, sneezes or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms. (CDC.GOV)

WHAT ARE THE SIGNS AND SYMPTOMS OF COVID-19?

Common symptoms include:

- fever
- tiredness
- dry cough

Other symptoms include:

- shortness of breath
- aches and pains
- sore throat
- and very few people will report diarrhoea, nausea or a runny nose (WHO)

WHO ARE MOST VULNERABLE?

Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing serious complications from COVID-19 illness (CDC.GOV)

WHEN TO CALL YOUR DOCTOR OR CALL 911?

People with fever, cough or difficulty breathing should call their doctor and seek medical attention. (WHO)

SHOULD I BE TESTED?

If you develop symptoms of COVID-19, call your healthcare provider and tell them about your symptoms. They will help you decide whether testing is appropriate. For detailed information, visit the CDC's webpage: [Testing for COVID-19](#).

Massachusetts has a resource that you can use to assess symptoms and find the right care: [Check your symptoms for COVID-19 online](#).

You can also call 2-1-1, a 24-hour state-supported telephone hotline. (mass.gov)

HOW TO PROTECT YOURSELF AND OTHERS?

Protect yourself and others from infection by washing your hands or using an alcohol based rub frequently and not touching your face. (WHO)

Avoid close contact with people who are sick. Stay home as much as possible. Put **distance between yourself and other people**. Remember that some people without symptoms may be able to spread virus. Keeping distance from others is especially important for people who are at higher risk of getting very sick. (CDC.GOV)

PROPER HANDWASHING

Wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol (CDC.GOV). When washing your hands, make sure to interlace your fingers and thumb. Scrub palms using fingertips. Do not forget to wash your wrist and if wearing a ring or band, give it a twist. Turn off the faucet using a paper towel. If using alcohol based sanitizer, let it dry naturally.

HOW LONG DOES THE VIRUS LIVE ON SURFACES?

The virus can survive on surfaces for several days. It survived the longest on plastic and stainless steel. Up to 3 hours on air and cardboard boxes according to a study conducted by UAB. For more details about the study go to uab@edu.

WHAT COMMON ITEMS SHOULD BE CLEANED?

- **Clean AND disinfect** frequently touched surfaces **daily**. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection. (CDC.GOV)

WHAT PRODUCTS CAN I USE TO KILL COVID-19?

Bleach, alcohol and other EPA approved household disinfectants. (CDC.gov) . Please use caution and follow the instructions provided by the product label. Do not mix or dilute solutions unless specified by product label. Also note that 60-70% alcohol is different than 60 or 70 proof alcohol in alcoholic drinks. These will not be effective against the virus.

IS THERE A CURE OR VACCINE?

At this time, there are no specific vaccines or treatments for COVID-19. However, there are many ongoing clinical trials evaluating potential treatments. (WHO)

STATE OF MASSACHUSETTS AND/OR FEDERAL GUIDELINES

WHAT BUSINESSES ARE OPEN/CLOSE OR CONSIDERED

ESSENTIAL? The businesses that are considered essential are hospitals, grocery stores, gasoline stations, banks, restaurants. For more information visit Mass.gov

DO I NEED TO WEAR A MASK WHEN I LEAVE THE HOUSE?

Wearing a homemade mask when you leave your home is only a recommendation and is not a requirement. By wearing a homemade mask, you are protecting the people around you.

I AM A NON ESSENTIAL PERSONNEL/WORKER, WHEN CAN I RETURN TO WORK?

The re-opening of the State will be decided by the governor of Massachusetts

WHEN WILL MY CHILDREN RETURN TO SCHOOL?

The re-opening of the State will be decided by the governor of Massachusetts

IF I HAVE QUESTIONS NOT LISTED ABOVE, IS THERE A PHONE NUMBER I CAN CALL or text? Text **COVIDMA** to **888-777** for important updates. State information line at 2-1-1. Press 1 for English or press 8 for Spanish.

UNEMPLOYMENT HELP

HOW DO I APPLY FOR UNEMPLOYMENT AND WHO IS ELIGIBLE?

<https://www.mass.gov/how-to/apply-for-unemployment-benefits>. The website provides information in Spanish

WHERE CAN I DONATE FOOD OR MONEY? The State of Massachusetts first lady Lauren Baker and other foundation and organizations launched MACOVID19RELIEFFUND.ORG. to help people in our community

For more questions info@MACovid19ReliefFund.org

WHERE CAN I GO TO HELP FEED MY FAMILY?

Check with your local FOOD PANTRY and SOUP KITCHENS for donations or services they provide

GENYOUth and SAP nonprofit for children may be able to help. Type **SAP4kids** and this will redirect you to enter your zip code and locate areas near you that provide services like meals, shelter, healthcare, etc.

WHAT CAN I DO TO HELP HEALTH CARE WORKERS? Stay home to further prevent the spread of the virus. Only leave the house when necessary (going to grocery stores, pharmacy, walking the dog, etc.) The goal is to “flatten the curve”.

HOW CAN I HELP LOCAL BUSINESSES?

Restaurants continue to remain open for take-out or delivery. Grocery stores also remain open while accommodating the elderly in the early hours. Practice safe physical distancing at all times.

HOW I CAN HELP LOCAL ANIMAL SHELTERS?

Go to local animal shelter websites and fill out an application to adopt or foster

MENTAL HEALTH

HOW TO HELP FAMILY MEMBERS, NEIGHBORS AND FRIENDS THAT MAY BE AT RISK FOR SUICIDE DUE TO ISOLATION, FEAR OF FINANCIAL LOSS, HOMELESSNESS, HUNGER OR PHYSICAL ILLNESS

We are all facing a very difficult time and cope with stress differently. Some people are more vulnerable than others. CSSRS.COLUMBIA.EDU provides information on how to assess risk of suicide. "Columbia Protocol supports suicide risk assessment through a series of simple, plain-language questions that anyone can ask".

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