

## COVID-19 Facts from CDC

### Exposure to COVID-19: Definition per CDC

#### 1. **Criteria for COVID-19 Exposure: Close Contact**

- The risk for getting COVID-19 requires one of the following:
- Close contact with a person who tested positive for COVID-19 AND contact occurred while they were ill.
- Close contact with a person who is under investigation for COVID-19 AND contact occurred while they were ill.
- You will not need COVID-19 testing unless you develop a fever or cough.

#### 2. **Exposure to COVID-19: Levels of Risk**

- **Household Close Contact.** Lives with a person who tested positive for COVID-19. This carries the highest risk of transmitting the infection.
- **Other Close Contact.** The CDC defines 6 feet as how far coughing can spread the virus. How long the close contact lasts can also be important. Prolonged close contact is defined as more than 10 minutes. Close contact includes kissing, hugging or sharing eating and drinking utensils. It also includes close conversations. Direct contact with secretions with a person with COVID-19 is also close contact. Includes being in the same childcare room, classroom or carpool. These exposures are usually lower risk than living with an infected person.
- **In Same Building - Low Risk Exposure.** Being in the same school, place or worship, workplace or building carries a small risk for exposure.
- **In Same City - Low Risk Exposure.** Living in or traveling from a city or country where there is major community spread of COVID-19, also carries a small risk. These "hot spots" are identified by the CDC at [Coronavirus](#). Outdoor contacts are much safer than indoor contacts.

### COVID-19 Disease: Frequently Asked Questions

#### 1. **COVID-19 Outbreak:**

- An outbreak of this infection began in Wuhan, China in early December 2019.
- The first COVID-19 patient in the United States was reported on January 21, 2020. During March 2020, cases were reported in all states.
- The first COVID-19 patient in Canada was reported January 31, 2020.
- The World Health Organization (WHO) declared COVID-19 a global pandemic.

#### 2. **COVID-19 Symptoms:**

- This COVID-19 coronavirus causes a respiratory illness. The most common symptoms are fever, cough and shortness of breath.
- Less common symptoms are body aches, chills, diarrhea, headache, runny nose and sore throat.

### 3. **COVID-19 - CDC Definition of Exposure (Close Contact):**

4. You are at risk of getting COVID-19 if the following has occurred:
5. Close contact with a person who tested positive for COVID-19 AND contact occurred while they were ill.
6. Living in or traveling from a city, country or other geographic area where there is documented community spread of COVID-19. This carries a lower risk compared to close contact if one observes social distancing.
7. Community spread is occurring in most of the US, especially in cities.
8. The CDC has the most up-to-date list of where outbreaks are occurring: [Coronavirus.](#)

### 9. **COVID-19 - How it is Spread:**

- COVID-19 is spread from person to person.
- The virus spreads when respiratory droplets are produced when a person coughs or sneezes. The infected droplets can then be inhaled by a nearby person or land on the surface of their eyes.
- Most infected people also have respiratory secretions on their hands. These secretions get transferred to healthy people on doorknobs, faucet handles, etc. The virus then gets transferred to healthy people when they touch their face or rub their eyes.
- These are how most respiratory viruses spread.
- Reports from China suggest that the initial coronavirus (COVID-19) cases were spread from animals (probably bats) to humans.

### 10. **COVID-19 - Travel:**

- Avoid all non-essential travel.
- If you must travel, go to the CDC website for updates on travel advisories: [Travelers.](#)

### 11. **Other COVID-19 Facts:**

- Incubation period: average 5 days (range 2 to 14 days) after coming in contact with, or the secretions of, a person who has COVID-19.
- Expected course of infection: 80% have a mild illness, much like normal flu or a bad cold. The symptoms usually last 2 weeks.
- No symptom patients: an unknown percentage of infected patients have no symptoms.

- Complications: 20% have a more severe illness with trouble breathing from viral pneumonia. Many of these need to be admitted to the hospital. People with complications generally recover in 3 to 6 weeks.
- Death rate: currently estimated at 0.5 to 2% (CDC) of all infected patients. Children generally have a mild illness. Deaths in children or teens are very rare. Older adults, especially those with chronic lung disease or weak immune systems, have the highest death rates.
- Vaccine: there is currently no vaccine to prevent COVID-19. Many labs are working on developing a vaccine, but that will take at least a year.
- Treatment: currently, there is no effective anti-viral medicine for coronavirus. Treatment is supportive. Oxygen and IV fluids are used for hospitalized patients.