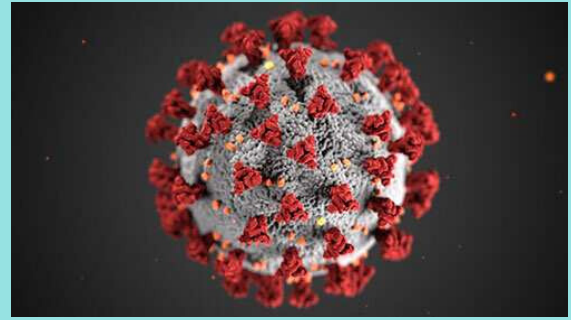


COVID-19 (101)

Coronavirus is a virus with a single strand of RNA enclosed in protective protein covering. This virus is normally carried and spread only among wild and domestic animals. Covid-19, which is a new strain, is now able to infect humans.



A Service Learning Activity Davis Spring Semester Clinical Students

1 THE SPREAD

Droplet transmission is when an infected person sneezes or coughs in an area and another person comes into that area and inhales enough of the droplets in the air.

Contact transmission is when an infected person coughs or sneezes on their hand and touches different surfaces.

2 SIGNS & SYMPTOMS

- Fever
- Cough
- Muscle ache
- Fatigue
- Shortness of breathe
- Headache
- Diarrhea

3 TREATMENTS

Currently there is not an antiviral treatment effective against COVID-19. Patients infected with COVID-19 receive supportive care to treat the symptoms of the virus.

4 STOP THE SPREAD!

- **WASH YOUR HANDS!**

Use warm water, at a temperature you can tolerate, to wash hands with disinfectant soap for about 20 seconds. Wash front and back of hands, in between fingers and under nails. Dry hands with paper towel and use paper towel to turn off faucet.

If no soap is available use alcohol based hand sanitizer with 60% alcohol. Rub hands together until completely dry.



- **COUGH/SNEEZE IN A TISSUE**
Cough or sneeze into a tissue or paper towel, then discard immediately into trash. If tissue is not available, cough or sneeze into inner elbow. Then follow with proper hand washing or sanitizing.



Should I wear a mask and gloves?

You only need to wear a mask if you are ill or experiencing symptoms of COVID-19. Gloves should not be used for long periods of time because they can transfer germs from one surface to the next. They should be changed after each potential surface touched. Proper use of personal protective equipment like gloves and masks are important in avoiding infection.



Special precautions for those who are immunocompromised:

- Self Isolation - Treat everyone as if they are infected and maintain social distancing requirements when in public places.
- Wash hands and disinfect commonly used surfaces more frequently.
- Consider getting plastic utensils for your own use. Germs remain on surfaces and items for up to 72 hours.

Suggested Medication

It has been suggested that the prophylactic medicine named Chloroquine could be used to potentially treat positive COVID-19 patients. Chloroquine also goes by the trade name of Aralen and is classified as an Amebicides. Chloroquine is a drug used to inhibit protein synthesis thus causing the death of parasitic protozoan such as malaria. Chloroquine may also be used to to treat inflammation in the body targeted toward autoimmune diseases like rheumatoid arthritis and lupus.



