HOW IS COVID-19 DIFFERENT FROM THE FLU?
COVID-19 is different from the families of viruses that cause the common cold or seasonal influenza

- It is more harmful and contagious than the common cold or seasonal influenza
- Mortality rate is at least 10x that of seasonal influenza
- There is not yet a vaccine
- Infected individuals may not show symptoms for up to a week
- 1 in 6 people with COVID-19 infection require hospitalization
- There is no known treatment

WHAT CAN WE EXPECT IN OUR REGION?
- Spread of the virus over next few months with peak expected in late May
- Ramp up of testing, which will reveal more cases
- Healthcare providers will be in high demand

"If 1 in 100 Wisconsin people require hospitalization due to COVID-19 in a short period of time, the need for hospital beds will exceed capacity of our state’s hospitals by a factor of 15. It is everyone’s responsibility to take action now to mitigate the spread of COVID-19."
- John R. Raymond, Sr. MD, President/CEO, Medical College of Wisconsin

WHY ACT NOW?

SLOW THE SPREAD
- Reduce or eliminate situations in which large groups of people (10 or more) congregate
- Use social distancing principles when people are in the same room - 6’ distance is recommended
- Wash hands frequently, scrub fingers and nails
- Remain calm and help others to reduce stress and anxiety

ACKNOWLEDGE THE RISKS
- Increased risk of spreading to older adults and those with underlying or chronic health conditions like heart disease, lung disease
- Compromising one’s mental health and well-being due to worry and anxiety of contracting virus, not having access to resources, loss of wages, not being near loved ones, isolation, or loss of control

Sources: CDC, WHO, WI DHS

March 17, 2020

mcw.edu/covid-19
COVID-19

SIGNS AND SYMPTOMS*

- Fever
- Cough
- Shortness of breath

*These symptoms may appear 2-14 days after exposure. They can progress quickly to pneumonia

WHAT TO DO?

What to do if you have been exposed and/or have symptoms.

Do call your healthcare provider for advice.

Do not visit primary care, urgent care or the emergency room for your symptoms unless instructed by your healthcare provider.

TIPS FOR WELL-BEING

- Show kindness to others when they are feeling stressed
- Connect with friends and family virtually
- Manage your information intake - go to reliable sources and limit news consumption
- Increase your positive emotions - gratitude exercises, reach out to others
- Practice mindfulness or other relaxation strategies
- Get exercise - outdoors if possible
- Maintain a reasonable sleep schedule
- Strive for healthy nutrition

PRECAUTIONS

- Clean hands often with soap and water or alcohol-based hand sanitizer
- Reduce contact with large groups of people
- Maintain 6 foot distance in social places
- Alternate greetings - no handshakes or hugs
- Disinfect frequently touched surfaces
- Limit food sharing
- Limit travel methods where many people share a small space (train, air, bus)

WHERE TO GET MORE INFORMATION?

World Health Organization: who.int/emergencies/diseases/novel-coronavirus-2019
WI Dept of Health Services: dhs.wisconsin.gov/disease/coronavirus.htm

Sources: CDC, WHO, WI DHS

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