

Covid-19 Fact Sheet

Who is at the highest risk?

A recent study by the China CDC identified that mortality rates increase with age, with patients 80 years of age or older having a rate of 14.8%. The mortality rate is lowest in children with zero deaths in patients 0-9 years of age.

Patients with certain pre-existing conditions had elevated mortality rates. The highest rates were in patients with cardiovascular disease, diabetes, chronic respiratory disease, and hypertension.

It is also suspected that patients who were/are smokers or has previous lung trauma are at greater risk.

<http://weekly.chinacdc.cn/en/article/id/e53946e2-c6c4-41e9-9a9b-fea8db1a8f51>
https://journals.lww.com/cmj/Abstract/publishahead/Analysis_of_factors_associated_with_disease.99363.aspx
<https://tobacco.ucsf.edu/reduce-your-risk-serious-lung-disease-caused-corona-virus-quitting-smoking-and-vaping>

How contagious is the disease?

The basis of measure of how contagious a pathogen relates to how many other people a patient is estimated to infect. For COVID-19 this number is yet to be determined but a study regarding the transmission rate on the Diamond Princess cruise ship identified a rate of 2.28 while other studies have estimated the number as high as 4.08.

The seasonal flu is typically between 2-3 while a disease like measles was estimated at up to 18. This means that COVID-19 is very contagious, but could be in line with the seasonal flu.

<https://sph.umich.edu/pursuit/2020posts/how-scientists-quantify-outbreaks.html>
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How can I catch the disease?

COVID-19 is thought to spread primarily person to person through respiratory droplets that can land in the mouths or noses of people who are nearby or possibly inhaled into the lungs. These respiratory droplets are produced when an infected person coughs or sneezes. Transmission likely occurs when people are in close contact, which is considered within 6 feet.

It may be possible for a person to become infected through touching a surface or object with the virus on it, although there is no documentation to support this at the moment. This may occur when a person comes in contact with the virus and touches their mouth, nose, or eyes.

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/transmission.html>

How long does the virus last on surfaces?

A recent study found that COVID-19 can survive up to three days on stainless steel and plastics and several hours on copper or cardboard.

<https://www.medrxiv.org/content/10.1101/2020.03.09.20033217v1.full.pdf>

What will kill the virus on surfaces?

While there are no products that have been specifically tested to kill COVID-19, effective disinfectants are defined as having demonstrated efficacy against a harder to kill virus, qualified for the emerging viral pathogens claim, or has demonstrated efficacy against another human coronavirus similar to COVID-19.

The CDC has provided a list of disinfectants that meet the above definition at:

<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>

How will I know if I have it?

The only way to be entirely certain is to have a test administered by a health professional and the results verified by an approved laboratory.

Symptoms can be mild to severe and include coughing, fever ($+100.4^{\circ}$ F), and shortness of breath. The CDC encourages you to seek medical attention immediately if you develop any emergency symptoms including difficulty breathing, persistent pain or pressure in the chest, new confusion or inability to arouse, or bluish lips or face.

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

How will this all end?

Virulent outbreaks, historically, have multiple common end points and it is hard to predict which will prevail in the case of COVID-19. The three most common end results are likely to be the reduction of transmission by the creation of a vaccine, the

lessening of severity and thus the mortality rate by treatments, or in some cases the seasonality of the weather impacting the transmission rate of the disease.

At this moment several companies are sequencing the genome of COVID-19 to develop vaccines, although the timeframes in the ability to bring them to market can vary widely. There are also existing anti-viral drug that are undergoing clinical trials that may be effective in treating symptoms in infected patients.

<https://www.clinicaltrialsarena.com/analysis/coronavirus-mers-cov-drugs/>