

COVID-19 INFORMATION and RESOURCES

English, CONDENSED version
UPDATED 30 MARCH 2020

This document is a summary of verified information
given out by world health organizations and news outlets,
and has been compiled by independent volunteers

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COVID-19 Precautionary Behavior to Attend by

1 - Stay in the house, if possible work from home

Depending on the gravity in your area, **a good deal of sacrifice is necessary**, be prepared for staying in your house - avoid going out for all unnecessary reasons



2 - Actively practice social distancing:

Avoid crowds, public events, gatherings, if possible, also public transport and shared car rides, avoid all unnecessary contact with other people

Again, depending on the gravity in your area, a good deal of sacrifice is necessary, this includes avoiding offices, bars, restaurants, gyms, schools, classes, shops, etc.



3 - Avoid touching surfaces, and avoid closed spaces like elevators

Take the stairs over the elevator, avoid touching counters, handles, buttons, and all surfaces that may host pathogens - **avoid confined public spaces where you might be exposed to contaminated particles in the air** (elevators, corridors, buses, planes, etc.)



4 - Wash hands often, scrub them thoroughly for about 40 seconds

Use soap and warm water, or hand sanitizer when soap is not available, **avoid wearing watches, bracelets and rings**



5 - Cover sneezes and coughs

Use a tissue or inner elbow (not hands), for sneezes: **press firmly on upper lip to block a sneeze** before it happens. if you have illness symptoms such as sneezing and/or coughing wear a facemask, or otherwise use a scarf to cover your mouth and nose



6 - Avoid touching face, nose, mouth, eyes

Think of your hands being always muddy to get in the habit



7 - Avoid touching other people, handshakes included

Bumping fists should be the most contact with others if any (other fun alternatives can be hand over heart, Wakanda forever, bow, princess wave, military salute)



8 - Avoid people that have cold or flu-like symptoms

Safety distance for Covid-19 has been indicated at around 6 feet / 2 meters
Put yourself in quarantine and keep others away if you show symptoms



9 - Call the doctor if you have a fever, cough or feel that it is difficult to breathe

Make sure you don't show up without calling in before, if possible, wear a facemask before coming into contact with medical personnel



10 - **Cancel all non-essential face to face medical visits, but if possible get your flu shot, and pneumonia vaccine if you're +60**

To protect against flu symptoms similar to Covid-19 and help avoid false alarms (Note: flu shots are usually effective around 50% of the time)



11 - **Avoid sharing personal items**

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets. After using these items, they should be washed thoroughly with soap and hot water (preferably in dishwasher)



12 - **Clean house and all “high-touch” surfaces everyday**

High touch surfaces include your phone (a ziplock bag can be useful to keep it isolated), doorknobs, counters, tabletops, bathroom fixtures, shelves, toilets, keyboards, and tablets



13 - **Don't share towels or other bathroom items**

Towels, toothbrushes, etc. - don't share or have them close to each other



14 - **Take shoes, jackets and outerwear off in house, have a routine for re-entering**

If you have the ability to do so, consider a 'staging' area for clean entry into your home. **Remove shoes, outerwear, wash hands right away.** If you work in a high-risk environment like a hospital, nursing home, etc, wash your clothes immediately and then dry them at high heat



15 - **Prepare a hot zone in your home in case someone falls ill**

Prepare your home for the possibility you'll need to isolate and care for an infected member of your household. Stock the room in advance with food that the infected person can consume with zero preparation and without face-to-face interaction with others. If you have a dedicated bathroom for the infected person, that is best. If you have a facemask, prioritize it's use on the infected person rather than caretakers



16 - **Watch out for each other, stay calm and kind, keep yourself informed, always be cooperative, be socially responsible and aware**

At all times be kind to each other and be mindful of other people's worries. **You may be in a low risk group and feel this is personally not that much of a threat to you, but your 80-year old neighbor or your friend with recent heart surgery may feel quite differently.** Every person matters, no one is "expendable"



17 - **Stay positive and keep the morale high around you**

This is a systemic problem, it will damage the systems that regulate our society (like health care, the economy, transport, etc.) but in time these will all recover - and since this is a collective issue, **the more effort we all put in, the sooner all of this will be over,** so stay motivated and positive!



FAQs on Various Key Issues Regarding Covid-19

What is Covid-19? What are Coronaviruses?

Covid-19 stands for: Corona Virus Disease 2019 (year of discovery), Coronaviruses are a family of viruses that can cause respiratory illness in people.

Coronaviruses circulate among animals, including camels, cattle, cats, and bats. The novel coronavirus, COVID-19 is one of seven types of known human coronaviruses. COVID-19, like the MERS and SARS coronaviruses, likely evolved from a virus previously found in animals. The remaining known coronaviruses cause a significant percentage of colds in adults and children, and are not a serious threat for otherwise healthy adults.

What are the symptoms of Covid-19? What should I be on the lookout for?

SYMPTOMS		COVID-19	COLD	FLU
Fever	88%	Common	Rare	Common
Dry cough	68%	Common	Mild	Common
Fatigue	38%	Sometimes	Sometimes	Common
Coughing up mucus	33%	Common	Mild	Common
Difficulty breathing or shortness of breath	18%	Sometimes	No	No
Sore throat	14%	Sometimes	Common	Sometimes
Headaches	14%	Sometimes	Rare	Common
Aches and pains	14%	Sometimes	Common	Common
Persistent pain or pressure in the chest	CDC	Sometimes	Sometimes	Sometimes
New confusion or inability to arouse	CDC	Sometimes	No	Rare
Shivers	11%	Sometimes	Sometimes	Common
Runny or stuffy nose	5%	Rare	Common	Sometimes
Nausea and vomit	5%	Rare	Rare	Sometimes
Diarrhea	4%	Rare	No	Sometimes for children
Bluish lips or face	CDC	Sometimes	No	Rare
Conjunctivitis		Rare	Sometimes	Common
Sneezing		No	Common	No

Sources: World Health Organization, Centers for Disease Control and Prevention

The percentages in the above chart are from the WHO report on Covid-19 cases in China, the ones marked CDC are listed as symptoms on the CDC's website – the symptom numbers might change over time, Italy for example has seen a higher rate of diarrhea in patients, in the US there's a reporting of patients **losing their sense of smell and taste**, or that "things taste like cardboard".

It must also be noted than intense, excessive, and persistent **worry, stress, fear and anxiety** about everyday situations, will often produce shortness of breath (dyspnea) and in some cases also chest pains, and throat irritation that may also lead to some dry coughing while awake.

The main symptoms you will want to look out for, as the chart suggests, are fever, cough and shortness of breath, but keep in mind that there may be a mixture of the others, and that in many cases, people infected with Covid-19 have not shown any symptoms whatsoever.

When taking your temperature:

1. Wait 30 minutes after eating, drinking, or exercising
2. Wait at least 6 hours after taking medicines that can lower your temperature, like: Acetaminophen (also called Paracetamol), Ibuprofen, Aspirin
3. Hold the tip of the thermometer under your tongue until it beeps. Do not bite the thermometer
4. Read your temperature, if your temperature is 100.4°F/38°C or higher, you have a fever
5. Write your temperature in a symptom and temperature log
6. Clean your thermometer with soap and water and dry it well

What is the treatment if someone gets sick with novel Coronavirus?

The treatment right now is to take care of the symptoms. There is no specific treatment for novel coronavirus. For mild symptoms cough and fever medicine and remedies can surely help, for more serious cases professional medical help may be necessary.

How serious are the health consequences of getting ill with Covid-19?

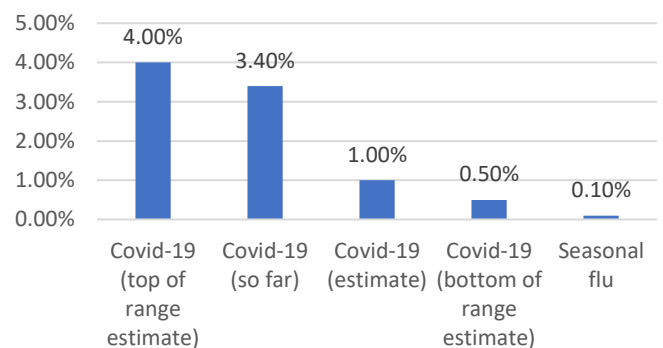
According to the World Health Organization (WHO) the virus is fatal in rare cases, so far mainly among older people with pre-existing medical conditions

Statistically, the information we have so far shows that about 4 in 5 people affected will only experience mild respiratory issues (such as a cough) and fever, **one in 5 will have complications that will need medical assistance** (such as the use of medication and/or a respirator), of which only a smaller number end up in being fatal cases. However, this is a new virus and we do not know enough yet about how it acts to have a complete picture.

The MRC Centre for Global Infectious Disease Analysis at Imperial College London said that, given the information available, they are 95% confident **the correct fatality rate is somewhere between 0.5% and 4%.**

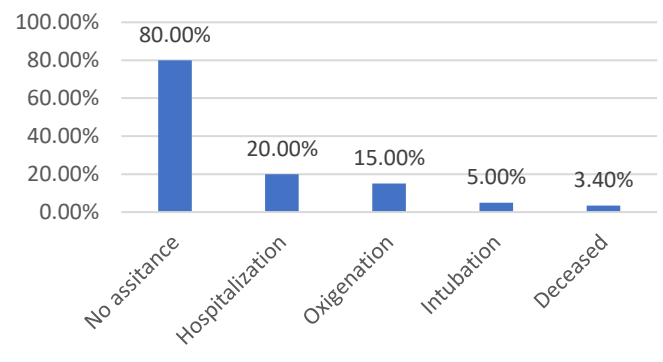
According to the WHO 20% of infected people in China have needed hospital treatment for weeks, 15% need to breathe highly concentrated oxygen (not just for a few days), 5% of people diagnosed require artificial respiration (intubation), and 3.4% decease. The duration from the beginning of the disease until recovery is on average 3 to 6 weeks for the serious and critically ill patients (compared to just 2 weeks for slightly ill patients).

COVID-19 Mortality
(compared to seasonal flu)



Sources: World Health Organization, Centers for Disease Control and Prevention, MRC Centre for Global Infectious Disease Analysis

COVID-19 Prognosis
(based on Chinese data)



Source: World Health Organization

What should I do if I manifest symptoms or think I might be infected?

Self-quarantine yourself for a minimum of 14 days (2 weeks) and contact medical services for further instructions. If self-quarantining, you should:

- Stay home, do not go out in public, do not go to a medical center, do not go to work, do not go to school, do not go to public gatherings
- Isolate yourself from other people in the house and inform them about your situation
- Do not use public transportation (bus, train, metro, taxi, ferry, Uber, Lyft, etc.)
- Monitor your health
- Take your temperature with a thermometer 2 times a day and keep a log of results
- Look out for symptoms such as cough, fever and shortness of breath
- Contact medical services for further instructions

Being in quarantine for a suspected case means you are isolating yourself during a supposed period of incubation, during most of which you should expect to not be showing any symptoms whatsoever - these might only manifest after 1 or 2 weeks.

Covid-19 has demonstrated to be extremely infectious, and it's spread has been documented to be exponential, so if an infected person is not isolated, they will pass it on to others. Not quarantining is an irresponsibility towards other people and our society, it might directly cause deaths, illness and contribute to prolonging the overall pandemic. Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

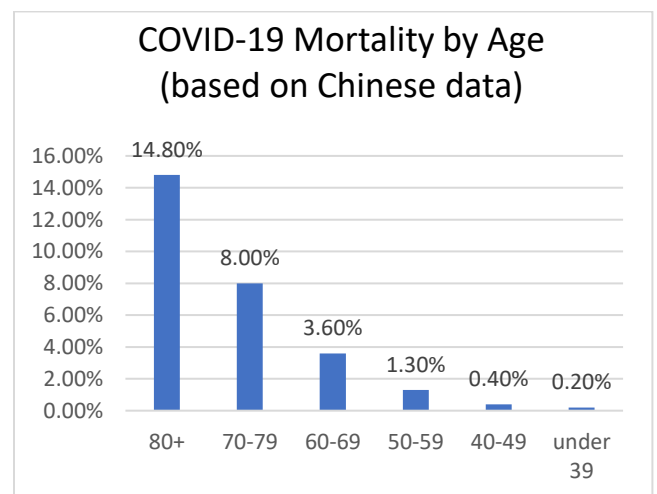
I'm thinking of going to my parents/grandparents, will I be putting them at risk?

At the point we're at in most places, you should consider yourself as a possible carrier of Covid-19, also if you are using airports or public transport, or coming from or transiting in areas with a high number of cases: yes, you will be putting them at risk. You should consider getting tested and/or quarantining yourself to up to a month before coming into contact with them, or any vulnerable, weak, old, and/or sick person in general.

How are age groups affected by Covid-19? Are children vulnerable?

The danger Covid-19 poses to individuals seems to be directly correlated to age, **the older the person the greater the risk, so children are generally considered to be quite safe from getting ill – but they have been found to be tremendous spreaders.** If families are not careful and do not take precautions, nieces and nephews can kill their grandparents.

The mortality for people with pre-existing cardiovascular disease in China was 13.2%. It was 9.2% for people infected with high blood sugar levels (uncontrolled diabetes), 8.4% for hypertension, 8% for chronic respiratory diseases and 7.6% for cancer. Infected people without a relevant previous disease died in 1.4% of cases.



Source: World Health Organization

Should I wear a mask?

The use of a face mask is advised to protect others, especially if you are coughing or sneezing, since any of us unknowingly could be a Covid-19 carrier. If you have a mask, wear it, if you don't have one and can't find any, try a scarf or something similar.

A mask will also help in avoiding the possible inhalation of particles carrying pathogens in case of close contact with a Covid-19 carrier. But social distancing and good hand washing techniques are the most effective ways to prevent yourself from getting sick.

Please note: facemasks with valves are not efficient for containing the spread of pathogens, since the valve is an outlet for outflowing air, breathing out will expel them into the surroundings, if these are the only type of mask you have, try and block the valve, but in any case, wearing valve-facemasks are better than wearing no facemask.

Most importantly: face masks are first of all for medical staff! they need them more than anyone, do not hoard them! If you have extra ones, please consider donating them to hospitals.

Can I go running outside often? Or will I be putting myself and others at risk?

This is a bit of a gray zone, governments have to take into account personal freedoms in western societies when imposing harsh lockdowns (especially considering social unrest), so while official indications might not forbid individual outside activities, it should be kept in mind that any outside activity, touching public surfaces, and even elevators and door handles, still are risk factors.

Has this kind of thing ever happened before? What did it look like?

Yes, this has happened before, and it probably will happen again, it is part of life cycles on our planet. Three examples of more recent pandemics are:

- The "Spanish Flu" (1918–1919) First identified early in March 1918 in US troops training at Camp Funston, Kansas. By October 1918, it had spread to become a worldwide pandemic on all continents, and eventually infected about one-third of the world's population (about 500 million persons). Unusually deadly and virulent, it ended completely within 18 months.
- The "Asian Flu" (1957–58) A H2N2 virus first identified in China in late February 1957, it caused about 2 million deaths globally. The Asian flu spread to the United States by June 1957 and caused about 70,000 deaths in the US.
- The "Hong Kong Flu" (1968–69) A H3N2 virus first detected in Hong Kong in early 1968 and spread to the United States later that year. This pandemic of 1968 and 1969 killed approximately one million people worldwide. It caused about 34,000 deaths in the United States.

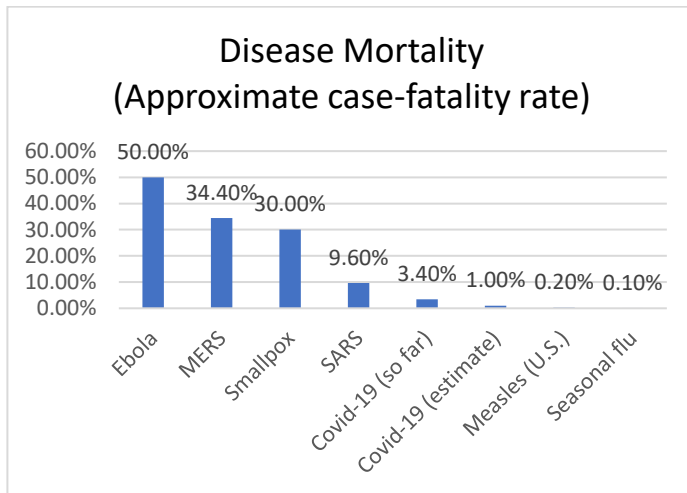
What else can I do to protect myself? What extra steps are there to take?

Quit smoking, smokers have double chances of developing into a serious case.

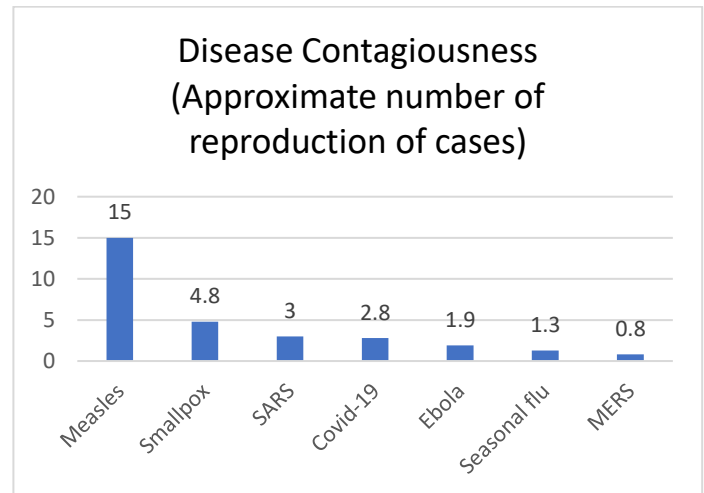
Take better care of your health, boost your immune system, eat healthy, get enough sleep, reduce stress factors, try meditation, be kind to yourself. There are also indications that immune system debilitating activities like intense aerobics and marathon running are a risk factor.

Get to know your neighbors, talk to them (keeping safety distance) about what to do in case of infections in the area, exchange phone numbers and create a network of support and information.

How does Covid-19 relate to other diseases? What are the comparisons?



Sources: World Health Organization, Centers for Disease Control, MRC Centre for Global Infectious Disease Analysis



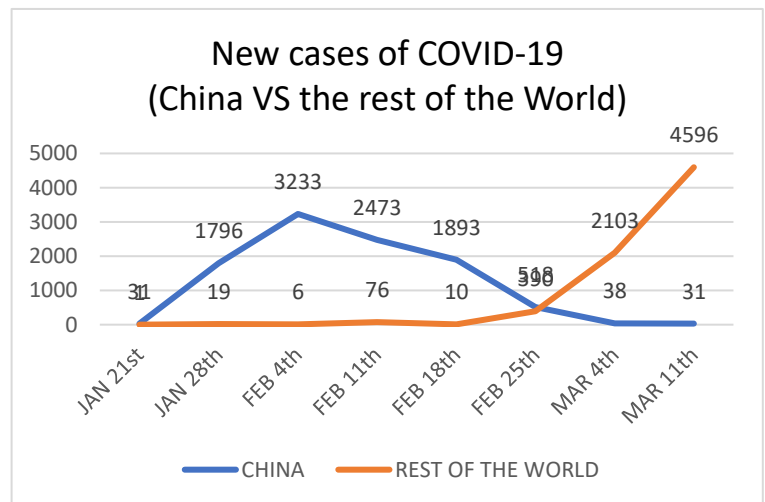
Sources: World Health Organization, Centers for Disease Control and Prevention, King Saud University, Nature

Are animals and house pets vulnerable? Can they spread the pathogens?

There has been a case in Hong Kong of a dog with traces of Covid-19 showing up on a swab test done on its snout, but this is a single case and it is not clear if the virus was replicating, or if the dog had just licked a surface with the virus on it – so short answer is, **for now we should not be too worried about our pets getting sick or transmitting the disease.**

When will all of this be over?

Anybody who says (as of March 2020) that they know an end date for all of this situation, is either making things up or knows something the rest of the world doesn't. **We can estimate that it will take months, but we will have to see how things play out over time.** The light at the end of the tunnel is that China has made enormous progress, and will probably be able to end their national epidemic soon – the issue is, will other countries be able to implement the same response? China has an enormous infrastructure, a state funded national healthcare system, cutting edge centralized technology and has managed to effectively mobilize its citizens in a massive collective effort.



Ultimately, it will be up to us citizens to do the work needed, by adopting a good measure of personal responsibility and watching out for each other, respecting quarantines and enforcing social distancing, by supporting our health care officials and medical personnel that are looking after the sick, or calling for containment measures to be respected.

A vaccine would be a nice solution, but there is no set timeline or expectations yet for one – hypothetically speaking one could be ready within a year, but again that's just speculation.

What May Happen, What to Expect from Society

Our baseline for normality will temporarily change, but we will adapt and go on

More cases will be identified in the coming days and person-to-person spread will continue to occur for months (as of March 2020). **Widespread transmission of COVID-19 will translate into large numbers of people needing medical care at the same time.**

Schools, childcare centers, workplaces, and other places for mass gatherings will experience more absenteeism. **Public health and healthcare systems will become overloaded, with elevated rates of hospitalizations and deaths**, many also related to other medical conditions, that would not have the care and attention needed.

Routine medical visits and check-ups, **care for any illness and health conditions may become difficult**, or otherwise deviate from normal procedure. Dentist and other specialized visits may also be affected.

Some stores and supermarkets might be understocked, some first necessity goods (certain foods, goods, sanitary products, etc.) will be in high demand and may be difficult to come by for a while. Supply chains will be affected because of travel bans and production factory closures. **But all basic foods and necessities will be made available with assistance of the government.**

Other critical infrastructure, such as law enforcement, emergency medical services, and transportation industry will also be affected.

Disturbances and violence might be seen in certain places, such as prisons, poor areas, homeless centers, migrant facilities, and in general in the lower end of the social scale, as these people will probably feel (and probably in many cases actually be) left out and not be in the main concerns of administration and policies.

Many people will be in economic difficulty, loose their job and income, and will not be able to pay their bills and rent, consequences of this will be different from country to country depending on what social welfare programs are available.

The markets will plummet, all economies will be affected, especially small businesses, many shops, bars, restaurants and stores will go bankrupt. **This will probably (hopefully) be followed by effective government and institutional economic support**, tax freezes and cuts, funds and economic relief programs to help those affected will be implemented over the following months and years.

However, it is important to always keep in mind that, for the most case this is a systemic threat, not an existential one – it will damage the systems that regulate and constitute our society – but the vast majority of us will all see this situation be soon over, and all these systems return to their full functionality.

At this time, there is no vaccine to protect against COVID-19 and no medications approved to treat it. **Collective mobilization, mass testing and extreme social distancing (lockdowns and travel bans) are the most important response strategies**, these have been demonstrated as very effective in affected countries, so we should expect them to be implemented on wide scale for an unknown period of time, probably months.

What Needs Doing, a Quick Guide to Dealing with the Situation at Hand

Flatten the curve

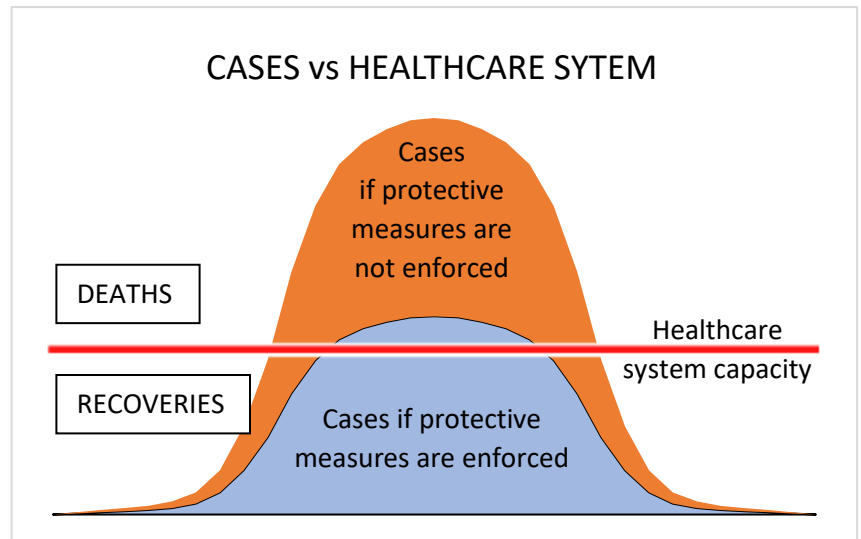
The Covid-19 issue can be broken down into two distinct fields, even though these are in direct correlation with each other:

- **Containment of the virus**

Enforcement of protective measures through bold action by authorities to test and quarantine large numbers of citizens, coupled with widespread community effort to enforce personal responsibility.

- **Caregiving for the ill**

(With the number of ill being directly influenced by the previous point) again, this can be broken down into a smaller argument, we can say that there can be three types of cases:



CASE	IF PROTECTIVE MEASURES ARE ENFORCED (Blue chart area) <i>“don’t panic, but be careful” “we have to prioritize public health”</i>	IF PROTECTIVE MEASURES ARE NOT ENFORCED (Orange chart area) <i>“it’s just a bad flu” “we are damaging the markets”</i>
Serious but not critical cases	They will receive treatment and recover	They may not receive treatment, and develop into critical cases
Critical cases with hope for healing with medical assistance	They will receive treatment and probably recover	They would have preference of treatment over more critical cases, but may not be able to receive it if it’s not available
Critical cases with not much hope for healing with medical assistance	They will receive treatment and maybe recover	They would not have preference of treatment, and might be turned away from medical assistance

No healthcare system in the world has the amount of personnel and equipment needed to meet the need of a pandemic – but if containment and protective measures are sufficiently effective, the number of ill can be spread out over time and health care systems can cope better, saving thousands of lives.

The case must also be made for greater international cooperation between all countries, help must be given and accepted between governments, and public health efforts must be set up and funded – and **for those of us that are not in policy making positions, it is important that we keep informed and use our influence, by voting and speaking out, so that appropriate initiatives are taken, and party politics or special interests are kept as much as possible out of the way in responding to this emergency.**

Think ahead and have supplies and food in your house

HOUSE SUPPLIES	
	Essential medications (have a good amount)
	Thermometer
	Germ killing hand soap
	Body soap and shampoo
	Dish and laundry soap
	Hand sanitizer
	Sanitary alcohol
	Toilet paper
	Tissues and paper towels
	Cleaning supplies, sprays and bottles of germ-killing cleaning products
	Fever relief medicine (medication, painkillers)
	Cough relief medicine (cough syrup, chest rub, medication)
	Anti-inflammatory medication
	Respiratory face masks
	Latex gloves
	Painters suit (with hood) and Goggles can come in handy if caring for someone in their house, or room, that has contracted Covid-19

FOOD (at least 14-day supply) Plan for the amount of people in the house, calculate the amount needed and always keep supplies, don't waste food and don't wait until you're out of supplies to get more					
NON-PERISHABLE		CANNED FOOD		FROZEN FOOD (or food to freeze)	
	Water (if tap is unavailable)		Greens		Greens
	Rice		Fruits		Fruits
	Pasta		Beans		Pizza
	Beans		Tomato sauce		Fish
	Protein powder		Pasta sauce		Chicken
	Integrators (Omega 3, etc.)		Tuna		Other meats
	Oatmeal		Soup		Bread
	Honey				Ready meals
	Salt, sugar and spices				Milk
	Ginger and spices				
	Olive oil				
	Lemon juice				
	Sauces and condiments (ketchup, soy sauce, etc.)				
	Fruit juice				

PLEASE NOTE: always be mindful of other people when getting supplies, be respectful and responsible: do not over stock, do not create unnecessary shortages – **if you hoard resources you are negating them to others** – sharing is caring, and we all need to take care of each other right now. This is what happens when we don't think of other people - <https://bit.ly/2Qnsd4l>

If you come across food or resources being unnecessarily hoarded and/or being sold at exaggerated prices, report it to your local authorities.

Conclusion

This document is a summary of the information on Covid-19 given out by various government, institutional and otherwise verified sources, it's intent is to be a medium that can host all the necessary information concerning the Covid-19 pandemic in one place, in an organized and easily comprehensible format, for it to be distributed and shared with families, friends, communities and organizations.

This document has been put together by a group of volunteers, none of which at the moment have professional experience in dealing with pandemics or similar health emergencies.

The digital PDF version will be kept updated and available in different languages, all the sources of the information contained in this document will also be listed on the website.

www.covid19pdf.info

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