
COVID-19

Caused by a coronavirus called SARS-CoV-2

WHEN & WHERE: December 2019 to Present, global pandemic. The first cases were recorded in Wuhan, China. In the United States the first coronavirus case in the United States was in the state of Washington on January 20, 2020.

TRANSMISSION

Primarily from person to person through small droplets from the nose or mouth via coughs, sneezes, or talking. One can catch the virus if they breathe in these droplets from a person infected with the virus. Droplets can also land on objects and surfaces and transmit the disease. Studies show the virus can survive for 72 hours on plastic/stainless steel, less than 4 hours on copper, and less than 24 hours on cardboard.

SYMPTOMS: These will appear 2-14 days after exposure to the virus: fever, chills, dry cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea. 1 in 5 people become seriously ill and develop difficulty breathing. Older people and those with underlying conditions are at higher risk.

LASTING EFFECTS: Doctors and medical professionals are still studying long-term effects of the disease. Some studies reveal long-term fatigue, headaches, vertigo, cardiac issues, and diminished cardiorespiratory fitness, to name a few.

ERADICATED GLOBALLY? IS THERE A CURE?

NO! *As of printing in September 2020, no vaccine has been developed. Research and medical trials are underway to find a vaccine. Experts see a chance for the release of a vaccine by early fall 2020.*

Current control measures are the following: social distancing of 6 feet or more, limited gathering sizes, wearing a mask, frequently washing your hands, cleaning and disinfecting frequently touched surfaces, avoiding touching your face, quarantine and stay-at-home orders.

Current case numbers in the United States are approximately 6.13 million while there are approximately 186,000 deaths. Globally, there are over 26.1 million confirmed cases with 17.3 million recovered and approximately 864,000 deaths. In New Jersey, there are an estimated 194,000 confirmed cases with around 15,964 deaths.