



## QUESTIONS ON CORONAVIRUS (COVID-19)????

### 2019 Novel Coronavirus (2019-nCoV aka COVID-19)

#### What Is Coronavirus Disease 2019 or COVID-19?

Coronaviruses belong to a family of viruses that most frequently cause a mild illness like the common cold. COVID-19 is a respiratory illness caused by a new or novel coronavirus that was not previously known to cause illness in people. This new virus was first identified as the cause of the outbreak that began in Wuhan, China at the end of 2019, and has since spread to a growing number of international locations, including the US. From time to time new coronaviruses emerge and have the potential to cause severe disease and global epidemics. For example, the SARS and MERS viruses are both coronaviruses that previously caused outbreaks of severe respiratory illness around the world. We are learning more about COVID-19 every day, and Lurie Children's is working closely with public health officials to minimize risks to our patients, families and healthcare workers.

#### What Are the Symptoms of COVID-19?

Symptoms of those confirmed to have COVID-19 have generally been mild; this is particularly true in children. Symptoms include fever, cough and difficulty breathing. While most cases are mild, some patients have had a severe respiratory illness. Fewer than 3% of patients have died because of COVID-19, mostly those older than 70 years and those with chronic medical conditions.

#### How Is COVID-19 Spread?

Coronaviruses are mostly spread from person-to-person through:

- Respiratory droplets produced from coughing or sneezing (especially within six feet of another person)
- Close personal contact such as touching or shaking hands

A person may also get infected by touching a surface with the virus on it, and then touching their mouth, nose or eyes before cleaning their hands.

#### Should I Be Worried About Contracting COVID-19 if I Have NOT Traveled?

At this time, the Chicago Department of Public Health and the Centers for Disease Control and Prevention indicate that there is low risk to the general public. Please keep in mind that we continue to learn more and more each day, and it is best to find the latest updates by visiting <https://www.cdc.gov/coronavirus/2019-CoV/summary.html> or <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

#### Where Has COVID-19 Been Diagnosed?

COVID-19 has been diagnosed in dozens of countries on six (6) continents, but the spread of COVID-19 in the general public has only occurred in a few countries. Currently, the highest risk countries include China and South Korea, followed by Italy and Iran.

The affected countries and CDC travel advisories can be found at: [Locations with Confirmed COVID-19 Cases](#) and [CDC Travel Notices](#).

### [Should I Be Worried About Contracting COVID-19 if I Have Travelled to an Affected Area?](#)

If you have traveled to a high-risk country within the past two weeks, then your risk for COVID-19 is higher. As community transmission (infection becoming more common in the community) is being seen in many countries, additional countries are being identified as high risk.

- Symptoms most commonly start within one (1) week of travel, but possibly up to 14 days after travel.
- If you feel sick with respiratory illness symptoms including cough, fever, or difficulty breathing, contact your healthcare provider immediately.
- You should contact your healthcare provider or local healthcare facility before visiting so that precautions can be taken to minimize risk of exposing others.

### [How Dangerous Is COVID-19?](#)

- Currently, the general risk to those living in the US is low.
- The full public health impact of COVID-19 worldwide is not yet completely understood.
- COVID-19 severity of illness and risk of dying seems less than other epidemics of new coronaviruses (SARS and MERS).

### [How Does COVID-19 Compare to the Flu?](#)

So far this flu season in the US there have been 29 million infections and 16,000 deaths from influenza. Because the risk of influenza and an influenza-related death is much higher than COVID-19, those who have not yet been vaccinated this season should get a flu shot. A flu shot can still prevent and/or minimize severity of influenza and protect against influenza-related deaths.

### [How Can I Protect Myself and My Family from COVID-19?](#)

Currently, there is no vaccine for the virus causing COVID-19. Healthcare officials stress the best way to prevent infection is to avoid being exposed to the virus. Individuals should follow these preventive measures:

- Wash hands with soap and water often, for 20 seconds each time
- When soap and water is not available, use alcohol-based hand sanitizer
- Avoid touching your eyes, nose and mouth with unwashed hands
- Avoid close contact with individuals who are sick
- Stay away from public places such as work, school and daycare when sick
- Cover your cough and sneeze
- Clean and disinfect frequently touched objects and surfaces such as phones, tables and doorknobs
- Teach your children and others to follow these steps

### [Is It Safe to Travel?](#)

The CDC is recommending avoiding non-essential travel to highly affected areas and taking precautions in many other areas. Please refer to CDC's travel health notices relative to COVID-19 at the following link: [CDC Travel Health Notices](#). Travel throughout the US is currently considered safe.

### [If I Had Contact with Someone Who Has COVID-19, What Should I Do?](#)

If you have had contact with someone who has been confirmed to have COVID-19, you should:

- Contact your healthcare provider for further guidance, and let them know about your contact

- Report if you have the following symptoms: fever, coughing shortness of breath or difficulty breathing.

Your healthcare provider will be able to take the necessary steps to help prevent further spread of the virus prior to your visit.

### How Is COVID-19 Treated, and Can It Be Prevented with a Vaccine?

Individuals who have been infected with COVID-19 will receive supportive care to help manage symptoms. Many treatments are being investigated in research studies but there is not a confirmed COVID-19 treatment at this time. Researchers are actively working on developing a vaccine, but we are at least a year away from a vaccine.

### What Is Downers Grove Pediatrics Doing to Prevent the Spread of COVID-19?

Our number one priority is to keep patients/families, healthcare workers and staff safe.

- We have talked with our staff on how to identify patients at risk for coronavirus
- We have plans in place for safely evaluating and treating those patients
- We are monitoring the progression of this coronavirus daily with the CDC and adjust our schedules accordingly
- We will continue to communicate important updates to our staff and patients/families as needed

By working together, we feel that we can continue to provide the safe, effective and compassionate care we always have, even during an infectious diseases outbreak.

Please check this website daily for any changes.

### Additional Resources

Please refer to the resources below for more information on 2019 Novel Coronavirus (2019-nCoV).

- [Centers for Disease Control and Prevention \(CDC\)](#)
- [Chicago Department of Public Health \(CDPH\)](#)
- [Illinois Department of Public Health \(IDPH\)](#)
  - **Hotline: 1.800.889.3931**

### Talking Points:

- It is rare for a child/pregnant woman to develop serious illness. (NO deaths have occurred in ages less than 9 years old. Mortality in less than 24-year olds is less than 1%)
- Symptoms in children are mild and include fever, cough, and runny nose
- Prevention is key:
  1. Avoid close contact with people who are sick
  2. Do not touch your eyes, nose and mouth with unwashed hands
  3. Wash your hands often with soap and water for at least 20 seconds.
  4. Use hand sanitizer with at least 70% alcohol if unable to wash hands
  4. Avoid public places with large gatherings of people
- If you are sick:
  1. Treat symptoms as you would a cold-push fluids, Tylenol and motrin, rest
  2. Cover your cough and sneeze. Throw the tissue away
  3. Clean and disinfect objects and surfaces you touch often (phones, remote control, ipads, door handles, light switches)
- Call if your child develops shortness of breath, increased respiratory rate, retractions
- Tell patients IDPH as well as Advocate Good Sam and AMITA Hinsdale Hospital have kept us informed in how to manage patients suspected to have the virus

- ***Coronavirus Disease Hotline: 800-889-3931***

**FOR THE HEALTH AND WELL-BEING OF EVERYONE:**

We are scheduling all ***WELL appointments*** at our ***BOLINGBROOK OFFICE*** and all ***SICK appointments*** at our ***DOWNERS GROVE OFFICE***. If you have a ***WELL appointment*** scheduled and are feeling ill, please reschedule your ***WELL appointment***, as we will not see you.

**IF AT ALL POSSIBLE, WE WOULD APPRECIATE IT IF THE *PATIENT AND GUARDIAN ARE THE ONLY ONE'S* THAT COME TO THEIR APPOINTMENT.**

***Thank you for your patience and understanding as we all work thru this pandemic.***

**REMEMBER:**

***WASH YOUR HANDS, DO NOT TOUCH YOUR FACE!!!***