

Cases as of March 29, 2020

Pandemic (worldwide)

Total cases 721,019

Total deaths 33,933

Europe has more than half of the cases

In USA,

Total cases 141,527 (IL 4,596)

Deaths 2,468 (IL 65)

Number of cases doubles every few days

NOTABLES :

- **New York is epicenter of Covid-19 in the USA. (59,648 cases, 965 deaths).**
- **Strict containment measures in the Seattle area, the home of the country's first known case of the virus, appear to pay off. New cases in Seattle area are decreasing!**
- **More testing availability will result in more cases in the up-coming weeks.**
- **Social distancing for the whole nation is now extended until end of April, 2020.**

**** Social Distancing ** (Physical Distancing –WHO)**

Please help slow down the spread of this virus

- Avoid nonessential traveling, movements
- Avoid gathering in crowded place
- Keep distance of at least 6 feet from each other

Protect your love ones and others from Covid-19 (and other viruses)

- Wash your hands frequently with soap and water, or use alcohol hand sanitizer.
- Avoid touching your face, nose or mouth. If so, then wash your hands.
- Cover your mouth and nose with tissue when cough or sneeze, dispose in trash.
- Disinfect frequently-touched areas with disinfectants approved for the virus.
- Avoid close contact (< 6 feet) with people with respiratory symptoms.
- When you are sick, stay home.

FAQ Covid-19

- **What are the symptoms of Covid-19?**

The most common symptoms are fever (98%), cough (75%), more than half may progress to respiratory difficulty or severe pneumonia. Children in general have less severe symptoms. Older people are more likely to have respiratory failure.

- **What is the incubation period of Covid-19?**

From time of contact to first symptom can take 1-14 days (average 5 days). This is why people at risk are required to do self-quarantine for 14 days after contact.

- **Where can I get tested for Covid-19?**

Currently the test is reserved for very sick patients or very high risk patients with symptoms. Please contact your physician by phone if you have concern about your illness. Do not go to emergency room.

- **What is the treatment for Covid-19?**

Currently, the treatment is supportive care. There are attempts of experimental drugs in severe cases

- **Are children immune to Covid-19?**

Covid-19 is a new (novel) virus. Nobody has immunity to it. In children, the symptoms are milder. Some may not have symptoms. This could be a problem when such children have close contact with older people.

- **Why do we have to follow “Social Distancing”? Someone else who are not doing it are going to spread it any way.**

When there is a new contagious disease like this in the community, if we all continue our normal activities the disease will spread quickly in exponential manner. This will overwhelm the healthcare system. If significant portion of us avoid moving or having close contact with others the disease will spread much more slowly. This results in ability for the healthcare personnel to cope and take care of the very sick ones. Please see link:

<https://www.washingtonpost.com/graphics/2020/world/corona-simulator/?itid=sf>

- **What else can I do to protect myself and my children?**

Handwashing with soap and water or use alcohol-based sanitizer; avoid touching your face; avoid coming close to people who are sick with cough. When you are sick with respiratory symptoms stay home.

- **What kind of disinfectants can kill this virus**

Alcohol >60%, bleach >0.21%, H₂O₂ >0.5%. Make sure you use the correct concentration.

- **Is Southwest Pediatrics doing anything to protect my children**

We modify our schedules to minimize potential contacts between patients. You may be requested to wait in the car before coming

in. We have implemented extensive disinfection procedure after each patient use, and on highly touched surfaces. We can also schedule patients with **Telehealth visit** so you will not need to come in the office.

- **Where else can I get up-to-date information.?**

Illinois Department of Public Health:

<http://www.dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus>

Center for Disease Control and Prevention (CDC): <https://www.cdc.gov/coronavirus/2019-ncov/index.html>