

SWP Bulletin

COVID-19 (SARS-CoV-2)

Cases as of March 15,2020

Pandemic (worldwide)

Total cases 169,531

Total deaths 6,515

The epicenter of disease is now in Europe!

In USA, 49 states with cases

Total cases 3,752 (93 in IL)

Deaths 68

Number of cases doubles every 2-3 days

** Social Distancing **

Please help slow down the spread of this virus

- Avoid nonessential traveling, movements
- Avoid gathering in crowded place

FAQ

- **What are the symptom 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.

- **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 personel 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.

- **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>