

How to Survive the Coronavirus (Covid-19) Pandemic

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If you have reached this place then you have either succumbed to the Coronavirus or nervous about contracting it in the near future. You are not alone as there are billions of people in the same shoes as you. There is a lot of inaccurate information online and in the media and this further exasperates the situation as people get lost in the sea of misinformation. This guide will try to dispel some myths surrounding this virus and pandemic and give you useful practical tips you can use to better protect yourself and overcome this disease successfully should you have it or contract it. The guide is arranged in a question and answer format to create an ease of access and fast dissemination of information. Underlined words are links which lead to further resources.

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Is Covid 19 the same as coronavirus?

Covid -19 is the disease caused by a "novel coronavirus" which originated in Wuhan, China. On February 11 the World Health Organization (WHO) named the disease Covid-19 short for Coronavirus Disease. The name Coronavirus comes from the Latin word "corona", which means "crown" or "halo", and refers to the shape of the virus particle when viewed under a microscope. Coronaviruses are a large family of

viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS) and the most recently discovered coronavirus causes coronavirus disease or Covid-19. The official name of this new virus is SARS-CoV-2.

Is Covid-19 airborne?

The SARS-CoV-2 can have airborne transmission according to a study published in the peer-reviewed *The New England Journal of Medicine* this week from scientists at Princeton University, UCLA and the National Institutes of Health. The researchers concluded that the virus could remain viable for up to 3 hours post aerosolization.

In droplet form, the coronavirus is airborne for a few seconds after someone sneezes or coughs. It's able to travel only a short distance before gravitational forces pull it down. Someone close enough for the virus particles to reach in that brief period can therefore be infected. So can anyone who comes into contact with virus-containing droplets that fall onto a surface.

Even if the virus infects only a small fraction of those who come into contact with it, the extremely low rate among close contacts and the absence of infections in some household members of patients suggests that it rarely exists as an aerosol in most real-world situations. An aerosol is a wholly different physical state: Particles are held in the air by physical and chemical forces. Fog is an aerosol; water droplets are suspended in air. The suspended particles remain for hours or more, depending on factors such as heat and humidity. Therefore this experiment cannot be extrapolated to real world situation.

How long does Coronavirus last on Surfaces?

According to the study published in the *New England Journal of Medicine*, SARS-CoV-2 was more stable on plastic and stainless steel than on copper and cardboard, and viable virus was detected up to 72 hours after application to these surfaces. The new coronavirus can survive on surfaces for several hours to days; hence the importance of hand-washing after touching a surface in a public place.

It may be possible that a person can get Covid-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes, but according to the CDC (The Centers for Disease Control and Prevention) this is not thought to be the main way the virus spreads. However, to be on the safe side always clean or sanitize your hands after touching unknown surfaces.

According to the CDC the highest probability of transfer is person-to-person spread between people who are in close contact with one another (within about 6 feet or 2 meters) through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

How long is the coronavirus incubation period?

As stated by CDC the role of pre-symptomatic transmission (infection detection during the incubation period prior to illness onset) is unknown. Existing literature regarding SARS-CoV-2 and other coronaviruses (e.g. MERS-CoV, SARS-CoV) suggest that the incubation period may range from 2–14 days.

According to a recent report, from the annals of internal medicine, more than 97 percent of people who contract SARS-CoV-2 show symptoms within 11.5 days of exposure. The average incubation period was estimated to be around 5.1 days.

Can someone spread coronavirus without being sick?

It was found that people who have the virus are most contagious when they're showing symptoms of Covid-19. Although it's much less common, there's a possibility that someone who is infected with the coronavirus can transmit the virus even if they're not showing symptoms, during the incubation period. However this is not considered the primary mode of transmission.

What are the coronavirus symptoms?

According to the WHO, the most common symptoms of Covid-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell. Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets Covid-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like heart problems or diabetes, are more likely to develop serious illness. People with fever, cough and difficulty breathing should seek medical attention as this could indicate pneumonia.

Covid-19 has more respiratory symptoms than a cold, which usually causes a runny nose, congestion, and sneezing. Furthermore, a fever isn't too common with a cold. The flu has similar symptoms to Covid-19. However, Covid-19 is more likely to cause shortness of breath and other respiratory symptoms. Meanwhile, it's important to remember that if shortness of breath is your only symptom, without a cough or fever, something other than Covid-19 is the likely problem.

If you have mild symptoms, stay at home until you've recovered. You can relieve your symptoms if you: rest and sleep, keep warm, drink plenty of liquids, use a room humidifier or take a hot shower to help ease a sore throat and cough. If you develop a fever, cough, and have difficulty breathing, promptly seek medical care. Call in advance and tell your health provider of any recent travel or recent contact with travellers.

How to prevent coronavirus infection?

Maintain social distancing: Maintain at least a 2 metre (6 feet) distance between yourself and anyone who is coughing or sneezing. Because, when someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the SARS-CoV-2 virus if the person coughing has the disease Covid-19. Furthermore, avoiding crowded places and non-essential gatherings, avoiding common greetings, such as handshakes and limit contact with people at higher risk like older adults and those in poor health.

Wash your hands frequently: Regularly and thoroughly clean your hands with an alcohol-based hand rub (use a hand sanitizer that contains at least 60% alcohol) or wash them with soap and water for at least 20 seconds or two happy birthday songs. Because, washing your hands with soap and water or using alcohol-based hand rub disables the viruses that may be on your hands.

Avoid touching eyes, nose and mouth: Because, hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to the delicate mucous membranes of your eyes, nose or mouth. From there, the virus can enter your body, replicate and can make you sick.

Practice respiratory hygiene: Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately and wash your hands after. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and Covid-19.

Clean the following high-touch surfaces frequently with regular household cleaners or diluted bleach (1 part bleach to 9 parts water): toys, toilets, phones, electronics, door handles, bedside tables, television remotes, drawer and cabinet handles, railing tops and steering wheels of cars.

Avoid all non-essential travel, including cruise ships and self-isolate, and monitor for symptoms (cough, fever or difficulty breathing) for 14 days if you have travelled outside your country. Avoid contact with other while in self-isolation.

What is the best way to wash hands properly?

The following steps are described by UNICEF for washing hands properly:

Step 1: Wet hands with running water

Step 2: Apply enough soap to cover wet hands

Step 3: Scrub all surfaces of the hands – including back of hands, between fingers and under nails – for at least 20 seconds or two birthday songs.

Step 4: Rinse thoroughly with running water

Step 5: Dry hands with a clean cloth or single-use towel

Wash your hands often, especially before eating; after blowing your nose, coughing, or sneezing; and going to the bathroom. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water, if hands are visibly dirty.

What is the Covid 19 cough like?

The most common symptoms of Covid-19 are a new continuous cough and/or a fever/high temperature (38.0C (100.4F) or greater). It's a dry cough which means there is very little if any phlegm or mucous expectorated.

A new continuous cough is where you:

- have a new cough that's lasted for an hour
- have had 3 or more episodes of coughing in 24 hours
- are coughing more than usual

If you develop **emergency warning signs** for Covid-19 get **medical attention immediately**. Emergency warning signs include:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

The CDC has created a [printer friendly PDF](#) for steps you can take to prevent the spread of Covid-19 if you are sick

How to know if you have a fever?

A high temperature is feeling hot to the touch on your chest or back (you don't need to measure your temperature). You may feel warm, cold or shivery. However, fevers don't accurately predict Covid-19 infection. In other words, people can be infected without having a fever. Having the other symptoms such as continuous dry cough, muscle aches, and shortness of breath combined can strongly indicate having the disease but the only way to truly know is to get tested and that is something your healthcare provider can decide based on your symptoms, duration, who you have been in contact with, etc for them to decide to test you.

To check whether you have a fever using a thermometer do the following:

1. Turn the thermometer on by pressing the button near the screen.
2. Hold the tip of the thermometer under your tongue until it beeps. Do not bite the thermometer.
3. Read your temperature on the screen. If your temperature is 100.4°F/38°C or higher, you have a fever.
4. Write your temperature in the [14-Day Symptom and Temperature Log](#) in this booklet.
5. Clean your thermometer with soap and water and dry it well.

Is coronavirus killing healthy people?

The vast majority of cases in China around 87% were in people ages 30 to 79, according to the [China Center for Disease Control](#) based on data from all 72,314 of those diagnosed with Covid-19 as of Feb. 11. These results seem to indicate the disease stems more from someone's Biology rather than frequency of contact with others. Teens and people in their 20s encounter many people, at school and work and on public transit, yet they don't seem to be contracting the disease at significant rates: Only 8.1% of cases were 20-somethings, 1.2% were teens, and 0.9% were 9 or younger. The World Health Organization mission to China found that 78% of the cases reported as of Feb. 20 were in people ages 30 to 69. In light of this rapid spread, it is fortunate that Covid-19 has been mild for 81% of patients and has a very low overall case fatality rate of 2.3%. Among the 1,023 deaths, a majority have been ≥ 60 years of age and/or have had pre-existing, health conditions such as cardiovascular disease and diabetes.

How deadly is the coronavirus?

Current stats are based on how many people are confirmed cases of Covid-19. It may be possible that a lot of mild symptoms are being missed because they are not reported or confirmed by tests and this can skew the stats negatively. It is estimated that the actual overall fatality rate may lie somewhere between 0.5 and 1% currently. Also every country has their own criteria for testing and assessment and this will further change the results. Keeping this in mind, it appears that the risk of death with this Covid -19 (commonly estimated at 3% to 4%) is less than it was for SARS (approximately 11%) and MERS (about 35%), but may be higher than the risk from seasonal flu (which averages about 0.1%).

Is a face mask effective against coronavirus?

An N95 FFR (filtering face-piece respirator) is a type of respirator which removes particles from the air that are breathed through it. These respirators filter out at least 95% of very small (0.3 micron) particles. N95 FFRs are capable of filtering out all types of particles, including bacteria and viruses. Achieving an adequate seal to the face is essential. When properly fitted and worn, minimal leakage occurs around edges of the respirator when the user inhales. This means almost all of the air is directed through the filter media. Unlike NIOSH-approved N95s, facemasks are loose-fitting and provide only barrier protection against droplets, including large respiratory particles. No fit testing or seal check is necessary with facemasks. Most facemasks do not effectively filter small particles from the air and do not prevent leakage around the edge of the mask when the user inhales. The role of facemasks is for patient source control, to prevent contamination of the surrounding area when a person coughs or sneezes. Patients with confirmed or suspected Covid-19 should wear a facemask until they are isolated in a hospital or at home. The patient does not need to wear a face-mask while isolated and not in the vicinity of other people. Below is the procedure to properly use a mask as stated by the WHO.

How to put on, use, take off and dispose of a mask?

1. Remember, a mask should only be used by health workers, care takers, and individuals with respiratory symptoms, such as fever and cough.
2. Before touching the mask, clean hands with an alcohol-based hand rub or soap and water
3. Take the mask and inspect it for tears or holes.
4. Orient which side is the top side (where the metal strip is).
5. Ensure the proper side of the mask faces outwards (the coloured side).
6. Place the mask to your face. Pinch the metal strip or stiff edge of the mask so it moulds to the shape of your nose.
7. Pull down the mask's bottom so it covers your mouth and your chin.
8. After use, take off the mask; remove the elastic loops from behind the ears while keeping the mask away from your face and clothes, to avoid touching potentially contaminated surfaces of the mask.
9. Discard the mask in a closed bin immediately after use.
10. Perform hand hygiene after touching or discarding the mask – Use alcohol-based hand rub or, if visibly soiled, wash your hands with soap and water.

Is coronavirus sexually transmitted?

SARS-CoV-2 RNA has been detected in blood and stool specimens, but whether infectious virus is present in extra-pulmonary specimens is currently unknown. Very limited data are available about detection of SARS-CoV-2 and infectious virus in clinical specimens. SARS-CoV-2 RNA has been detected from upper and lower respiratory tract specimens, and SARS-CoV-2 has been isolated from upper respiratory tract specimens and bronchoalveolar lavage fluid. It is not yet known whether other non-respiratory body fluids from an infected person including vomit, urine, breast milk, or semen can contain viable, infectious SARS-CoV-2.

Is it safe to receive mail or a package?

Yes. According to the WHO, the likelihood of an infected person contaminating commercial goods is low and the risk of catching the virus that causes Covid-19 from a package that has been moved, travelled, and exposed to different conditions and temperature is also low. However, handle your mail with caution still and sanitize your hands after touching anything unknown.

What is the coronavirus test?

There are laboratory tests that can identify the virus that causes Covid-19 in respiratory specimens. State and local public health departments have received tests from CDC while medical providers are getting tests developed by commercial manufacturers. All of these tests are Real-Time Reverse Transcriptase (RT)-PCR Diagnostic Panels, that can provide results in 4 to 6 hours. However, in real world situations currently depending on where you live it can sometimes take days to get the results while you self isolate.

Not everyone needs to be tested for Covid-19. Most people have mild illness and are able to recover at home. Testing results are mainly helpful to inform decision-making about who you come in contact with and will not affect your treatment as currently there is no recognized treatment for this diseases.

CDC has [guidance](#) for who should be tested, but decisions about testing are at the discretion of state and local health departments and/or individual clinicians. While supplies of these tests are increasing, it may still be difficult to find a place to get tested. If you develop symptoms of Covid-19 and get tested positive for SARS-CoV-2 follow the advice of the health authority and avoid contact with others while practising personal hygiene and sanitation techniques. If you test negative for Covid-19, you probably were not

infected at the time your specimen was collected. However, that does not mean you will not get sick. It is possible that you were very early in your infection at the time of your specimen collection and that you could test positive later, or you could be exposed later and then develop illness. In other words, a negative test result does not rule out getting sick later.

Are pregnant women at risk for coronavirus?

Data are limited, but at present there is no evidence that they are at higher risk of severe illness than the general population. However, due to changes in their bodies and immune systems, we know that pregnant women can be adversely affected by some respiratory infections. It is therefore important that they take precautions to protect themselves against Covid-19, and report possible symptoms (including fever, cough or difficulty breathing) to their healthcare provider. Official recommendations during pregnancy are currently about the same as for the general population, including avoiding crowds, staying away from sick people, washing hands frequently and not touching the face. The WHO still does not know if a pregnant woman with Covid-19 can pass the virus to her foetus or baby during pregnancy or delivery. To date, the virus has not been found in samples of amniotic fluid or breast milk.

Can I breastfeed with coronavirus?

According to UNICEF, all mothers in affected and at-risk areas who have symptoms of fever, cough or difficulty breathing, should seek medical care early, and follow instructions from a health care provider. Considering the benefits of breastfeeding and the insignificant role of breast milk in the transmission of other respiratory viruses, mother's can continue breastfeeding, while applying all the necessary hygiene precautions.

For mothers with symptoms that are well enough to breastfeed, they should be wearing a mask when near a child (including during feeding), washing hands before and after contact with the child (including feeding), and cleaning/disinfecting contaminated surfaces.

If a mother is too ill, she should be encouraged to express milk and give it to the child via an appropriate method, while following the same infection prevention methods.

Is coronavirus dangerous for kids and babies?

It is still unclear and since this is an emerging rapidly evolving situation this question is best answered by regularly visiting the CDC, WHO and your countries own health authority website for the latest information. As of now with preliminary data it seems that youth, in contrast to what we have seen, seem to be protected from Covid-19. The WHO mission reported a relatively low incidence in people under 18, who made up only 2.4% of all reported cases in China. In fact, through mid-January, zero children in Wuhan, the epicenter of the outbreak, had contracted Covid-19. It's not clear whether that's because children do not show signs of illness even if infected or they have a different immune response that seems to provide them protection. Even cases among children and teens aged 10 to 19 are rare. As of Feb. 11 there were 549 cases in that age group, 1.2% of the total cases, China CDC found. Only one had died. This is good news but it doesn't mean you should not be vigilant. All the requirements such as personal hygiene, sanitizing surfaces and social distancing still apply until we get the clear from the authorities. The symptoms of Covid-19 are similar in children and adults. However, children with confirmed Covid-19 have generally presented with mild symptoms. Reported symptoms in children include cold-like symptoms, such as fever, runny nose, and cough. Vomiting and diarrhea have also been reported. It's not known yet whether some children may be at higher risk for severe illness, for example, children with underlying medical conditions and special healthcare needs. There is much more to be learned about how the disease impacts children.

Are antibiotics effective against Covid-19?

No. Antibiotics do not work against viruses, they never have. They only work on bacterial infections. Covid-19 is caused by a virus, therefore antibiotics will not kill it. Antibiotics should not be used as a means of prevention or treatment of Covid-19. They should only be used as directed by a physician to treat a bacterial infection.

Can I get Covid from takeout?

There's currently no evidence of Covid-19 being transmitted through food. There are also several factors that could make transmission of SARS-CoV-2 through food less likely, even if the virus is present on food or a food worker catches it.

Firstly, there are food safety measures that are already in place to prevent food borne illness, these include: frequent hand-washing, cleaning of surfaces and utensils, and cooking food to the right temperature. These practices would greatly reduce the transmission of any virus particles through food.

If you are concerned about your food, you can cook it at 65 degrees Celsius (149 degrees Fahrenheit) for 3-5 minutes. This will significantly reduce levels of any potential virus particles. Food that comes from restaurants is low risk because food industry workers already have a heightened awareness about food safety. However, you should always order takeout from places you are familiar with and know of their hygiene practices. To further reduce the risk, you should wash your hands after handling food packaging or takeout bags.

As an added measure, if you have not been doing this already, after bringing your groceries home, it's always a good idea, even when there's no pandemic, to rinse fresh fruit and vegetables with water to remove dirt, debris and pesticides, and reduce levels of food borne germs. There's no need to wash food with soap, but if you do, rinse it thoroughly after applying soap.

Is Coronavirus from Bats?

Some researchers believe that SARS-CoV-2 may have jumped from pangolins to humans. Others think that it might have passed to us from bats, which was the case for the original SARS.

Is coronavirus heat sensitive?

According to BBC, an unpublished analysis comparing the weather in 500 locations around the world where there have been Covid-19 cases seems to suggest a link between the spread of the virus and temperature, wind speed and relative humidity. Another unpublished research predicts that temperate warm and cold climates are the most vulnerable to the current Covid-19 outbreak, followed by arid regions. It seems that tropical parts of the world are least likely to be affected, the researchers say.

Can pets get coronavirus from humans?

As of this moment our beloved pets (dogs and cats) alike are safe from catching the Covid from humans or transferring it to their human parents. Dog and cats have their own species specific corona virus which does not cross jump species to other animals or humans and the current novel virus seems to be spreading from humans to humans only. The 17 year old Pomeranian in Hong Kong that tested weakly positive for coronavirus never showed any symptoms and even though it died after being released from quarantine it was extremely elderly and had multiple underlying health conditions which were most likely the cause of death. Therefore please don't push your pets away or discard them based on unfounded fear. According to the American Veterinary Medical Association, petting a dog's fur is a low risk. During this social isolation your pets are going to help you get through it, so pet away. You can also walk your dog as long as its safe to

go outside. Follow the same hygiene protocols for human interactions and wash hands after contacting animals.

Is coronavirus curable?

There is currently no cure available for Covid-19. However, scientists have now replicated the virus. This could allow for early detection in people who have the virus but are not yet showing symptoms. To date according to the WHO, there is no vaccine and no specific antiviral medicine to prevent or treat Covid-19. If you have received a flu vaccine, it will not protect against coronaviruses. Most people with mild coronavirus illness will recover on their own. The body's own immune system develops the antibodies for destroying this virus when one catches it or with the help of vaccines. Possible vaccines and some specific drug treatments are under investigation. They are being tested through clinical trials. WHO is coordinating efforts to develop vaccines and medicines to prevent and treat Covid-19.

There are many claims floating on the internet about how to prevent or cure the disease such as using hand dryers to blow hot air up the nose or gargling bleach. These methods can cause serious damage and I would advise against trying untested and unverified treatments. Your own immune system is the key to overcoming this virus and whatever you can do to help optimize it during these times will provide the most protection. Making sure your diet is well balanced with a variety of vegetables and fruits to allow enough high quality nutrients to feed your body and immune system is best practice. Reducing processed foods and sugar laden foods will prevent further depression of the immunity. Managing stress level will keep the stress hormones like cortisol under control which will prevent suppression of the immune system in the long run. Getting a good amount of high quality sleep is also essential, anywhere from 7 to 9 hours a day is sufficient. There are many plants and herbs that can help boost the immune system and getting credible information from authority figures is the best way to ensure you are protecting yourself and your family during this crisis. My colleague Dr. Nicole Apelian is a world renowned herbalist who has identified some [powerful plant remedies to boost the immune system](#). She has included these in her best seller book. The only way this virus can win, is if it overpowers your immune system. If you take anything away from this, it's to strengthen and optimize your immune system for any impending attack in the future.

Conclusion:

Thank you for taking the time to read and understand what this pandemic entails. If you got value from this guide, please share it with friends and family so that they can also benefit from it as well.

All that you can do in this situation is to inform yourself with credible information and try your best to keep yourself safe and healthy by following proper cleaning and hygiene techniques and keeping your immunity strong.

Avoid watching the news constantly, especially if it's making you afraid. Fear will increase stress hormones which are known to depress the immune system.

There is no need to panic and go out and buy up months of food and other supplies. Keeping enough essential stock for a couple months is more than enough.

As new information gets known about the virus we will get a better idea of how to handle things but in the meantime stay smart about it, protect yourself and your loved ones and try your best not to get overwhelmed with this situation. It will pass.