

Fast Facts:

There is an abundance of information online and in social media. Here, we break down what you need to know about COVID-19.

For more information, please visit rwjbh.org/covid19

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I'm young, can I still get sick?

- You most definitely can still get the virus, and still get it badly if you're young.
- The younger you are, the less likely you are to get the virus severely and need to be hospitalized, but it's still possible.
- The mortality rate for young adults is roughly 1%. Mortality rarely, if ever, occurs in children.

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If I don't feel well, will I even be able to get a test?

- Most people who have the virus probably won't be tested because the limited number of available tests need to be used on patients who require hospitalization.
- 80% of people who get coronavirus experience mild symptoms.
- Even if you only have mild symptoms, if you are experiencing fever, respiratory issues or GI trouble, self-isolate until it has been 7 days since you last had symptoms.

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Should I use ibuprofen if I have the virus or if I have a fever?

- The FDA has said that there is not enough information about whether ibuprofen negatively affects COVID-19.
- Fever and inflammation are the body's natural response to fighting infection, so to use an anti-inflammatory drug like ibuprofen is weakening the body's defense system.
- Fever is our friend. Not only does raising the body's temperature kill the virus, it also usually makes us feel pretty bad, causing us to practice social distancing by staying in bed.

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Masks and gloves, will they protect me?

- Face masks are required in some public places and strongly recommended for everyone.
- Gloves are not necessary. The best way to prevent the spread is to continually and thoroughly wash your hands or use hand sanitizer with at least 60% alcohol.

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HEALTH

Let's be healthy together.

By Margaret (Meg) Fisher, MD, FAAP, Pediatric Infectious Disease Specialist and Chair of the Department of Pediatrics and Medical Director for The Unterberg Children's Hospital at Monmouth Medical Center, an RWJBarnabas Health Facility, 4/3/20.

Note that new information is becoming available almost every hour so these recommendations may change.

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I want to support local restaurants, but is getting take-out risky?

- It is not clear yet whether or not COVID-19 is transmitted through the mouth.
- Most respiratory viruses are not food borne.
- Saliva and stomach acid are very good at killing germs, so there is minimal risk involved in getting take-out.

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Grocery shopping: should I go at all and if so, how often?

- COVID-19 can potentially live on boxes and cans for up to 24-hours, so it can't hurt to wipe groceries down when you get home – especially frozen items. It can also provide peace of mind, which is equally as important in these times.
- The most common way the virus is transmitted is through face to face interaction with an infected person, so you will want to limit the time you spend in crowds. Try to frequent grocery stores that are only admitting a certain number of people at a time and to stay six feet away from others while inside the store.

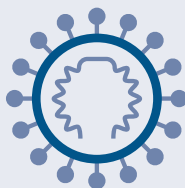
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COVID-19 is causing me lots of anxiety, what can I do to help?

- Many apps are available for stress management and meditation.
- Take breaks, take walks (as long as you are staying six feet away from others), keep a journal, keep in contact with loved ones, find out what works best for managing your stress.
- Turn off the television and other media. Continually surrounding yourself with bad news won't help you relax.

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I have the virus, now what?

- If you have mild symptoms, self-quarantine until you have been symptom-free for 7 days.
- There is no evidence that exercise negatively affects patients with the virus, so eat well, rest up and stay as active as you can while self-isolating.
- If you begin to experience difficulty breathing, call your health care provider immediately.
- It is not known how long people with COVID-19 are contagious, so wear a mask in public after ending self-quarantine to prevent spreading droplets from coughing or sneezing.

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