



The Top 5 Things You Need to Know About the Coronavirus

1. What is the CORONAVIRUS?

A large family of viruses that can cause cold-like illnesses, first identified in Wuhan, China, in December 2019. It is a respiratory illness and can be spread from person to person, possibly through respiratory droplets during close contact. The first case of COVID-19 in the United States was reported on January 21, 2020.

The Centers for Disease Control and Prevention has developed guidance to help in the risk assessment and management of people with potential exposures to COVID-19.

Source: CDC: Coronavirus Disease 2019 (COVID-19)
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

2. Who is at risk for COVID-19?

Persons who have had prolonged, unprotected close contact with a patient with symptomatic, confirmed COVID-19 and those who live in or have recently been to areas with sustained transmission. There is some evidence to suggest that persons infected with COVID-19 may be able to spread the virus even before they become symptomatic.

Source: CDC

3. Who is at greater risk for COVID-19?

- Older patients (particularly patients over 70)
- Patients with other chronic medical conditions (lung disease, diabetes, heart disease)
- Patients in active cancer treatment
- Immunocompromised individuals due to underlying medical conditions

Source: CDC: Coronavirus Disease 2019 (COVID-19)
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

4. What are the signs and symptoms of COVID-19?

The following symptoms may appear 2-14 days after exposure. Please consult your healthcare team for any symptoms that are severe or concerning. Call ahead to your healthcare provider or the emergency room to notify them you are coming and may have symptoms of COVID-19.

- Fever greater than 100.4 degrees F/38 degrees C
- Cough
- Shortness of breath

Emergency warning signs for COVID-19 (seek medical attention immediately):

- Difficulty breathing: described as discomfort when breathing and feeling as if you can not draw a complete breath. <https://www.healthline.com/health/breathing-difficulties>
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

Sources: <https://www.cdc.gov/coronavirus/2019-ncov/about/symptoms.html>
<https://www.cancer.net/blog/2020-03/coronavirus-2019-what-people-with-cancer-need-know>

5. What to do if you believe you have symptoms or have been exposed?

Contact your doctor if you have a fever and other symptoms of a respiratory illness, such as cough and shortness of breath, particularly if either of these 2 conditions applies to you:

- You have been in close contact with a person known to have COVID-19
- You live in or have recently traveled to an area known to have an outbreak of the disease.

Staying home when you are sick is the best way to prevent transmitting the novel coronavirus and other respiratory viruses, such as the flu, to other people. Cancer patients need to follow their cancer care team's guidance for when to call their physician.

Source: <https://www.cancer.net/blog/2020-03/coronavirus-2019-what-people-with-cancer-need-know>