

Coronavirus: Staying Healthy

Faith Lutheran Church, Homewood IL 3/15/20

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Background

- Coronavirus (COVID19) emerged in China in late 2019
- Most people (80%) have fever, cough and cold/flu symptoms
- 20% are sick enough to require hospital care
- ~Half of these need ICU care
- *We don't have enough hospital and ICU beds*

Coronavirus mortality risk

- Mortality rate worldwide is 3.4% (World Health Organization)
 - This means among known cases, 3-4 out of 100 are fatal
 - For comparison: Mortality rate for influenza is 0.1%
- Older persons are at highest risk:
 - 10% mortality for people in their 70s
 - 15% or higher for people in their 80s and older
- People with chronic conditions are also at higher risk:
 - Asthma/COPD, heart disease, diabetes

How it spreads

- Coronavirus is very contagious (more than flu)
- Transmitted by droplets (sneeze/cough), or contact
- Stays on hard surfaces (doorknobs, elevator buttons) for *up to 9 days*
- Infected people carry the virus for 2-14 days *before they get sick*
- During that period they feel and look fine, *but they are contagious*
- Waiting until there is significant illness in your community is too late

Coronavirus is predictable

- China, Italy and other countries' experience can help us prepare
- Cases double every 2.5 days (33% daily increase)
- Italy went from 20 cases to 10,000 in 3 weeks, overwhelming their healthcare system
- Right now, people who need hospital care in affected areas of Italy are being turned away, *and are therefore dying at a higher rate*

Coronavirus is predictable

- US is about 11 days 'behind' Italy
- Half to two-thirds of US population is expected to develop COVID19
- US healthcare will be overwhelmed by mid-April, *absent prevention*
- People who need hospital care won't get it, *unless we slow the virus*

Is all this concern overblown?

- **No.**
- Coronavirus is unlike any infection we've seen in over 100 years
- More contagious than flu – spreads faster, infects more people
- 30 times more deadly than influenza
- Capable of rapidly overwhelming our healthcare system
- People who need hospital care won't be able to get it
- More people will die, if we don't *take preventive action now*

Illinois cases

- 32 on Thursday
- 46 Friday
- 64 yesterday - Saturday, March 14 = 33% daily increase
- 500 expected by next weekend, *absent preventive measures*
- Many thousands thereafter

What can we learn?

9:00 AM Thu Mar 12

ft.com

95%

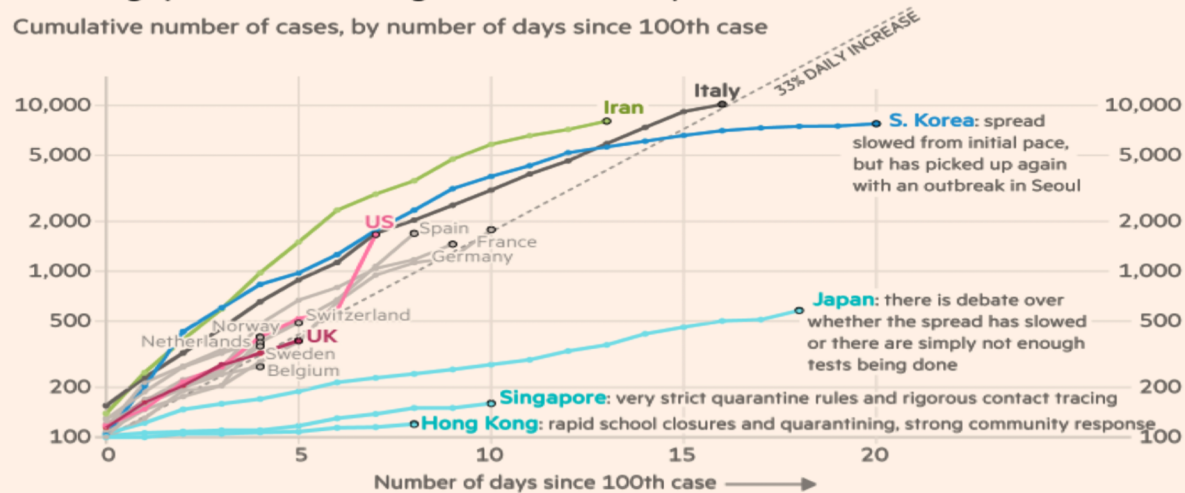


Save

The essentials

Most western countries are on the same coronavirus trajectory. Hong Kong and Singapore have managed to slow the spread

Cumulative number of cases, by number of days since 100th case



Source: FT analysis of Johns Hopkins University, CSSE
FT graphic: John Burn-Murdoch / @burnmurdoch
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The number of people who have been confirmed to have died as a

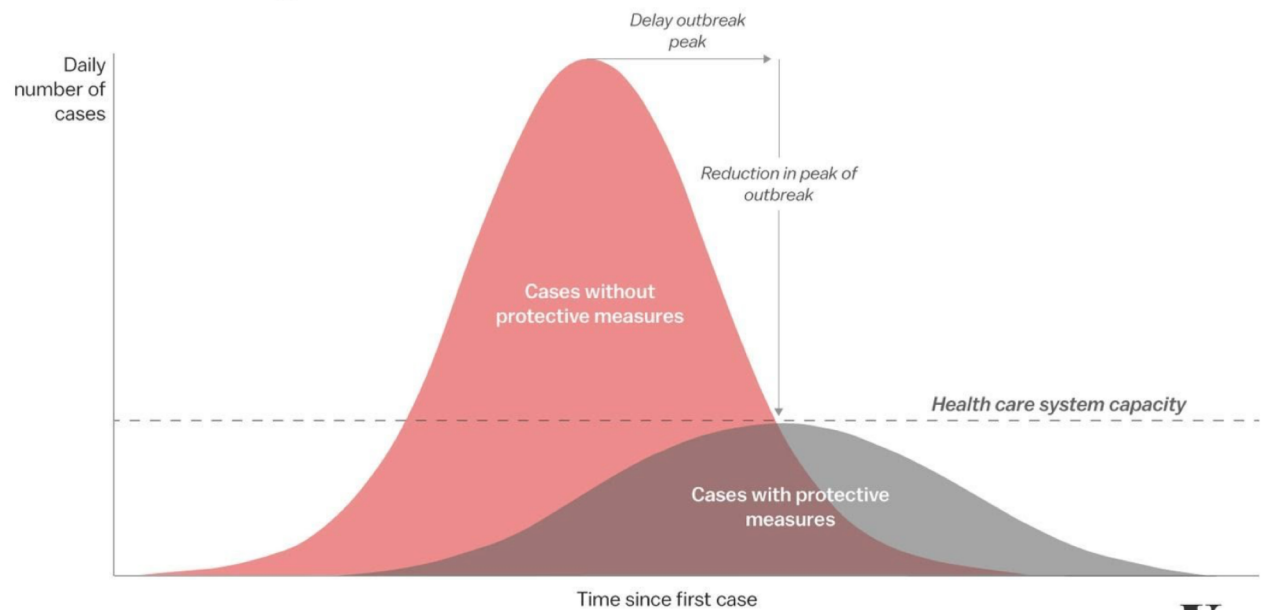
Slowing spread averts medical crisis



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Flattening the curve



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Closing schools and churches is smart and necessary

- Social gathering promotes virus spread
- Parades, concerts, gatherings are perfect breeding grounds
- Children get less sick on average
- But they come home to parents and grandparents!
- Slowing spread means *health care is available* when people do get sick
- When you stay home, you will *save people's lives*

What to do

- Stay home now, *whether you are healthy or ill*
- Work from home if possible
- Avoid public places – restaurants, gyms, etc.
- Personal hygiene – wash hands, don't touch face
- No play dates, sleepovers, visiting
- Shop on line, or limit grocery store visits & wash well
- Defer routine medical check ups

If you get sick...

- Stay at home
 - Use a separate room if possible to protect your family
 - Call your doctor / health team
 - No need to get a test at present – this won't change your care
-
- *Reasons to seek healthcare:*
 - Increasing shortness of breath, sicker overall

How long will this last?

- We don't know for sure
- Coronavirus MAY wane with warmer weather
- China epidemic has leveled off

So what IS safe?

- Walking, jogging, hiking outdoors
- Biking
- Gardening

USE your influence:

- To keep others home
- To stay healthy
- To save lives!