**WHAT IS CORONAVIRUS?**
- Coronavirus is a class of viruses that cause respiratory infections including Severe Acute Respiratory Syndrome (SARS) and Coronavirus disease 2019 (COVID-19).
- SARS-COV-2 is the coronavirus which causes the infectious disease COVID-19. “Coronavirus” has been used to describe COVID-19.
- [https://www.who.int/health-topics/coronavirus#tab=tab_1](https://www.who.int/health-topics/coronavirus#tab=tab_1)

**CONTACT TRACING**
What is contact tracing?
- The process of supporting patients and reaching out to contacts who have been exposed to COVID-19 to reduce the spread of transmission

How can I sign up to be a contact tracer?
- Would be a link to our portal
- [https://www.luc.edu/parkinson/cercl/#contacttracing](https://www.luc.edu/parkinson/cercl/#contacttracing)

What are the requirements to be a contact tracer?
- Our CERCL requirements
- [https://www.luc.edu/media/lucedu/schoolhealthsciencespublichealth/documents/CTC%20IntroTrainingSheet_052920.pdf](https://www.luc.edu/media/lucedu/schoolhealthsciencespublichealth/documents/CTC%20IntroTrainingSheet_052920.pdf)

How are contact tracers trained?
- Our CERCL training guidelines
- [https://www.luc.edu/media/lucedu/schoolhealthsciencespublichealth/documents/CTC%20IntroTrainingSheet_052920.pdf](https://www.luc.edu/media/lucedu/schoolhealthsciencespublichealth/documents/CTC%20IntroTrainingSheet_052920.pdf)

What is the COVID Equity Response Collaborative?
- Our objectives, goals, and mission
- [https://www.luc.edu/parkinson/cercl/](https://www.luc.edu/parkinson/cercl/)

**ANTIBODIES**
What is antibody testing?
- An antibody test looks for the presence of antibodies in the blood of a person who has been infected with COVID-19. If a person has been infected, their body produces antibodies (specific protein the body makes in response to infection). This test may be helpful in determining if a person had a COVID-19 infection in the past.
- [https://coronavirus.jhu.edu/testing/testing-faq/overview#what-are-serology-tests-and-how-are-they-used](https://coronavirus.jhu.edu/testing/testing-faq/overview#what-are-serology-tests-and-how-are-they-used)

Is antibody testing an accurate and reliable way to diagnose or exclude COVID-19?
- An antibody test should not be used to diagnose or exclude COVID-19. To see if you currently have COVID-19 you must take a viral diagnostic test.
If someone has antibodies, does that mean they are immune to COVID-19?

- It has not yet been proven that if you have COVID-19 antibodies, that you are immune to another infection. It is still unknown if the antibodies protect someone from getting infected again, or how long any possible immunity may last. However, even after being infected with COVID-19, you should still practice preventative measures such as social distancing and using cloth face coverings.


Are antibody tests FDA approved?

- The FDA has authorized antibody tests to be used, however, the reliability and validity of these tests are unknown. The FDA has authorized these tests under Emergency Use Authorization, so as a result there has been no formal evaluation of the tests that are currently available on the market.


What are the limitations of antibody testing?

- Antibody tests should not be used to diagnose someone who currently has the COVID-19 virus. Antibodies can only detect someone who has a previous infection. There are also concerns about validity of results because testing was authorized under Emergency Use Authorization by the FDA, meaning tests have not had a formal evaluation.

  - [https://coronavirus.jhu.edu/testing/testing-faq/overview#what-are-serology-tests-and-how-are-they-used](https://coronavirus.jhu.edu/testing/testing-faq/overview#what-are-serology-tests-and-how-are-they-used)

**TESTING INQUIRIES**

When will my test results be returned?

- Testing results are dependent upon your particular location. Some testing sites have testing technology that can produce test results rapidly, while other sites must send their tests to an off-site laboratory. This means time between testing and results may vary depending on your location, so it is important to ask the clinicians at your testing site when you can expect to receive your results.

  - [https://coronavirus.jhu.edu/testing/testing-faq/overview#what-are-serology-tests-and-how-are-they-used](https://coronavirus.jhu.edu/testing/testing-faq/overview#what-are-serology-tests-and-how-are-they-used)

How will test results be communicated?

- Question to ask your clinician at time of testing


Where are testing facilities?

- Testing sites vary by state and locality. A list of testing sites in Illinois can be found on:

  - [https://www.dph.illinois.gov/testing](https://www.dph.illinois.gov/testing)
When should I be tested?

- Not everyone needs to be tested for COVID-19. Most people have mild cases, which can be treated at home. It is recommended to call your healthcare provider.

What types of tests are being used?

- Diagnostic test and antibody test
- https://www.fda.gov/consumers/consumer-updates/coronavirus-testing-basics

What are the test limitations?

- As with any diagnostic testing, there are limitations. For COVID-19 testing, limitations include false negative results. If an individual receives a false negative result, this means the test indicated a person does not have COVID-19, when in fact they actually do have COVID-19. False negative test results can occur if the sample was not collected properly, you have very little of the virus, or errors in the laboratory.
- https://coronavirus.jhu.edu/testing/testing-faq/overview#what-are-limitations-to-covid-19-diagnostic-tests

VULNERABLE POPULATIONS
Who is at higher risk of contracting COVID-19?

- Those at higher risk of contracting COVID-19 include
  - People 65 years or older
  - People of any age with underlying medical conditions including
    - Chronic lung disease
    - Asthma
    - Diabetes
    - Heart conditions
    - Immunocompromised individuals (those undergoing cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids)
    - Obesity (BMI of 40 or higher)
    - Chronic kidney disease undergoing dialysis
    - Liver disease

How can I help prevent COVID-19 infection in vulnerable population?

- Wash your hands often for with soap and at least 20 seconds, especially after being in a public place, blowing your nose, coughing, or sneezing.
- Avoid close contact with those who are infected, put at least 6 feet of distance between yourselves. Do not gather in groups and stay out of crowded places.
• Cover your mouth and nose with a cloth face cover when around others. The cloth face coverings are meant to protect others in case you are infected.
  o Cloth face covering should not be worn by children under the age of 2, anyone who has trouble breathing, is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.
• Cover coughs and sneezes. Cover your mouth and nose with a tissue or the inside of your elbow. Throw used tissues in the trash. Immediately wash your hands with soap and water for at least 20 seconds or used an alcohol-based sanitizer.

Are those with disabilities at a greater risk of COVID-19?
• Those with disabilities are not at a higher risk for contracting COVID-19. They may be at a higher risk if they have an underlying medical condition or are living under the following circumstances:
  o Those who have limited mobility or cannot avoid coming in close contact to others
  o Those who have difficulty understanding information or practicing preventative measures (hand washing or social distancing)
  o Those who may not be able to communicate with others

**CHILDREN AND COVID-19**

How can I prepare my home and family for COVID-19?
• Precautions to take for home and family during times of corona virus

How can I properly isolate myself from family members?
• The difference between quarantine and isolation. How to effectively isolate.

Are children at risk for COVID-19?
• Children are at a lower risk of developing COVID-19 than adults. Often times, children do not develop symptoms. Those that do develop symptoms tend to be mild. It is less common for children to experience extreme illness and complications from COVID-19.

How can I protect my child’s mental health during the pandemic?
• Encourage your child to be active by playing outside. Taking walks or going on bike rides with your child are also other ways to stay active. Staying active is great for mental and physical health.
• Keep your child socially connected with friends and family via video chat or phone calls.
• A healthy diet, plenty of sleep, and relaxation are also ways to help reduce stress and anxiety in your child.

How do I care for a family member with COVID-19?
• While caring for a family member with COVID-19, provide them with support and help cover basic needs. The caregiver should not be someone who has a higher risk of severe illness from COVID-19.
• The caregiver should wear a cloth face covering and gloves when having contact with the infected family member. After providing care, the caregiver should wash their hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer. The sick person should also wear a cloth face covering when they are around their caregiver.
• Eat in separate rooms or areas if possible, and wash dishes and utensils with gloves and hot water and soap.
• Do not share personal items such as dishes, cups, silverware, beddings, electronics, or any other items with a person who is sick

**SOCIAL DISTANCING**

How can I protect myself from contracting COVID-19?
• There is currently no vaccine for COVID-19, so the best way to protect yourself is through preventative measures. The virus is spread mainly from person-to-person contact.
  o Social distancing (within 6ft)
  o Wearing cloth face coverings
  o Wash your hands often
  o Do not gather in groups
  o Cover coughs and sneezes
  o Clean and disinfect frequently touches surfaces daily
  o Monitor your health (be alert for any symptoms)

How can I reopen my business safely?
• [https://www.cbre.com/covid-19/reopening-the-worlds-workplaces?article=7c4fc873-6d81-48a1-9284-d86c35a1f379&feedid=fab9f8b5-57a6-4d15-b9e2-f5bd185db42e#plan](https://www.cbre.com/covid-19/reopening-the-worlds-workplaces?article=7c4fc873-6d81-48a1-9284-d86c35a1f379&feedid=fab9f8b5-57a6-4d15-b9e2-f5bd185db42e#plan)
How will social distancing policies be enforced?
- Couldn’t find concrete answer online, police? Own enforcement?

Is wearing a mask or face covering necessary to prevent spread of COVID-19?
- The Centers for Disease Control and Prevention recommends that people wear a cloth face covering to cover their nose and mouth in public settings. This preventative measure is taken to help reduce the spread of COVID-19 in addition to other preventative measures such as social distancing.

Do protective measures lower our defenses?
- Protective coverings are recommended by the CDC. Essentially this is saying I wear it to protect you, you wear it to protect me. No definitive answer about if this statement is true.

**CORONAVIRUS OVERVIEW**

How long does the virus remain on various surface types?
- The virus likes to remain on surfaces that are smooth. Typically, the virus remains on common surfaces:
  - Glass- 5 days
  - Wood- 4 days
  - Plastic and stainless steel- 3 days
  - Cardboard- 24 hours
  - Copper surfaces- 4 hours
  - Fabric- less than 1 day
- Be sure to disinfect commonly touched surfaces daily.

How do you become infected with COVID-19?
- COVID-19 is spread from person to person contact
  - Between people who are in close contact (within 6 feet of one another)
  - Respiratory droplets when an infected person talks, sneezes, or coughs
  - The droplets may land in the mouths of noses of people who are nearby or possibly inhaled into the lungs
  - Some people with COVID-19 also show no symptoms, but the virus may still be spread

How often should I clean frequently touched surfaces?
- Clean and disinfect frequently touched surfaces daily. Frequently touched surfaces include: doorknobs, light switches, counter tops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
• If surfaces are dirty clean them, and then use a household disinfectant.

What should I do if I feel sick?
• Stay at home except to get medical care. Most people with COVID-19 have mild illness and can recover at home without medical care.
• Take care of yourself. Get rest and stay hydrated. It is also recommended to take acetaminophen to help you feel better.
• Stay in contact with your doctor. Call before you go to get care. If you are experiencing any life-threatening symptoms or have trouble breathing, make sure to get medical attention.
• Avoid public transportation.
• Separate yourself as much as possible from other people.
• Monitor your symptoms
• Wear a face cloth covering over your nose and mouth and stay at least 6 feet away from others
• Cover coughs and sneezes
• Clean hands often
• Disinfect surfaces often