



Key Facts About COVID-19

The Coalition to Stop the Spread
December 2020

There is a lot of information – and misinformation – about COVID-19 and how to protect ourselves from it. Here are some medically accepted facts about the disease.

Key Facts

- COVID-19 and influenza may have similar symptoms, but they are caused by different viruses and behave differently in the body. Here are some basic differences.
 - In general, it's easier to become infected with COVID-19 than it is the flu, and those who get COVID-19 can spread the virus longer.
 - Most people who get the flu recover within two weeks, but it can take far longer to get over COVID-19.
 - COVID-19 can cause additional major complications like blood clots, which flu does not cause.
 - Even though many more people catch the flu each year than contract COVID-19, the death rate appears to be far higher for COVID-19. About 55 million COVID-19 cases have been confirmed worldwide so far with 1.3 million deaths. In contrast, about 1 billion people get the flu every year with 290,000 to 650,000 estimated deaths.
- COVID-19 can spread easily at home. A recent study found that the virus spreads much faster within homes than previously thought, with 51% of those living with an infected person also contracting the virus.
- No cure is currently available for COVID-19, though treatments have improved since the initial outbreak.
- Unlike prevention for the flu, no vaccine has been approved for general use in the United States, though promising test results make it appear one may be approved soon.
- Following safe practices slows the spread of the virus. In general, states that were late in adopting mask mandates and other restrictions are now experiencing higher caseloads than early adopters.
- There is no scientific evidence that the following prevent or effectively treat COVID-19, and they may, in fact, be harmful: ([source](#))
 - Saline nasal wash
 - Exposure to sun or high temperatures
 - Exposure to cold weather and snow

- Antibiotics (antibiotics only kill bacteria, not viruses)
- Chlorine spray
- Garlic
- Ultraviolet light to clean your body
- Avoiding 5G networks
- Supplements, including colloidal silver or oleandrin, which are ineffective and can be harmful

Some Additional Q & A ([source](#))

- **Question:** If I am outdoors, do I still need to practice social distancing?
Answer: While it is less likely that you will catch COVID-19 in open areas, it is still important to stay at least six feet away from others. Some people with COVID-19 have no symptoms and can spread the disease through respiratory droplets.
- **Question:** If I and everyone around me are wearing cloth face coverings, do we still need to practice social distancing?
Answer: Wearing a cloth face covering is NOT a replacement for social distancing. Whenever you are outside your home or around anyone outside your immediate household circle, you should stay 6 feet away from others. Doing both provides two layers of protection against the spread of COVID-19.
- **Question:** Does a cloth face covering block the virus?
Answer: Experiments have shown that various coverings, including folded bandannas and cloth face coverings, block respiratory droplets.
- **Question:** I know that older people and people with other medical conditions are at risk, but can young people get COVID-19 too?
Answer: Older adults and people with serious chronic medical conditions are at higher risk of serious illness. But anyone can become sick, and symptoms can range from mild to severe regardless of how old you are or if you have other medical conditions.
- **Question:** Can COVID-19 spread through food?
Answer: There is no evidence to support transmission of COVID-19 with food.