



Key Facts About COVID-19

The Coalition to Stop the Spread
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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.

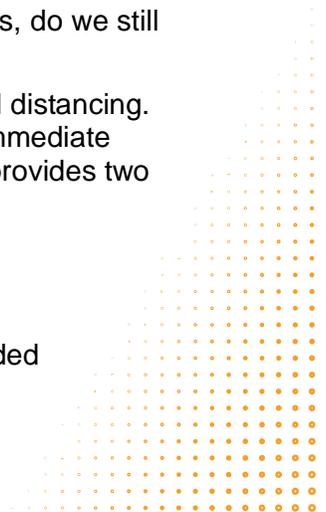
Key Facts

- 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. More than 24 million COVID-19 cases have been confirmed in the U.S. to date with more than 400,000 deaths ([source](#)). In contrast, during the 2019-2020 flu season in the U.S., there were approximately 39-56 million flu illnesses with an estimated 24,000 – 62,000 deaths ([source](#)).
- COVID-19 can spread easily at home. A 2020 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.
- Multiple variants of the virus that causes COVID-19 have been documented in the United States and globally during this pandemic. Scientists are working to learn more, but at this time, there is no evidence that these variants cause more severe illness or increased risk of death. ([source](#))
- In December 2020, the U.S. Food and Drug Administration (FDA) issued emergency use authorization for two COVID-19 vaccines, one from manufacturer [Moderna](#) and the other from [Pfizer-BioNTech](#).
- All potential COVID-19 vaccines are being carefully evaluated in clinical trials and will be authorized or approved only if they make it substantially less likely you'll get COVID-19. ([source](#))

- Based on what we know about vaccines for other diseases and early data from clinical trials, experts believe that getting a vaccine may reduce the seriousness of the disease if you do get COVID-19. ([source](#))
- Current COVID-19 vaccines do not eliminate the need to practice safety practices such as wearing a mask, social distancing, avoiding crowds and washing hands frequently. ([source](#))
 - Experts don't yet know whether you can carry the virus and spread it to others after being vaccinated. The combination of getting vaccinated and following CDC's recommendations [to protect yourself and others](#) will offer the best protection from COVID-19. ([source](#))
 - As experts learn more about how COVID-19 vaccination may help reduce spread of the disease, the CDC will continue to update its recommendation based on the latest science. ([source](#))
- 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
 - Ultraviolet light to clean your body

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.

