

The internet is a wonderful tool to share information. We also know that it can be an easy way to spread misinformation or incomplete information. EAI is concerned for all our staff, partners, fellows, and stakeholders around the world as well as their families, and we want to ensure that people are following sound, medical guidelines and not baseless rumors. Please review, discuss, and share this information with your colleagues, friends, networks, and families, and seek out additional information through your government health departments, EAI headquarters, and the links below.

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What is coronavirus disease 2019 (COVID-19)?

COVID-19 is a highly contagious respiratory illness that can spread from person to person through respiratory droplets in the air, by touching infected surfaces and then touching your face, or by sharing fluids with an infected person. COVID-19 is NOT the flu or common cold. In fact, it can be much worse and particularly lethal for people who have underlying health conditions or people who get sick and lack access to health care.

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Who can get COVID-19?

ANYONE!

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What are the symptoms of COVID-19?

Patients can have mild to severe respiratory illness with symptoms of: fever, cough, body aches, headache, and/or shortness of breath. However, it is possible to have and spread the virus even when you do not have symptoms.

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What do I do if I feel unwell?

Don't panic. Most people who get COVID-19 have mild symptoms and get better without needing medical intervention. Continue to practice these guidelines so you lower the risk of transmitting the virus to others. If you develop difficulty breathing, however, you should seek medical attention, and follow the directions of your local health authority. Local authorities will have the most up-to-date information on the situation in your area and will be more likely to get you the help you need.

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How can I protect myself?

Wash your hands frequently (and for 20 seconds) with soap and water or an alcohol-based hand sanitizer. Why? When we touch surfaces or shake hands with others, we may come into contact with COVID-19. Washing your hands regularly and thoroughly with soap and water or an alcohol-based hand sanitizer kills viruses that may be on your hands.

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Why can't I touch my face?

Avoid touching your face, especially your eyes, nose, and mouth. Why? We don't realize how often we touch surfaces or others and then touch our faces. Once your hands are contaminated, they can transfer the virus to your eyes, nose, or mouth, where it can enter your body and make you sick.

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What if I need to cough or sneeze?

Practice respiratory hygiene by covering your mouth and nose with your bent elbow or a tissue when you cough or sneeze, then disposing the used tissue immediately and wash your hands. Why? Coughing and sneezing sprays small liquid droplets from your nose and mouth. If they are contaminated with the virus and you don't practice good respiratory hygiene, it can easily be transmitted to other people directly or via surfaces.

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What is social distancing?

To prevent the spread, everyone should stay home when possible. If they must go out, maintain social distancing, at least 2 meters (6 feet) apart, even if neither of you is visibly ill. Why? When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth. Even if they are not visibly ill, they may be carrying the virus. If you are too close, you may breathe in those droplets.

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Who is most at risk?

All people can be infected with COVID-19. If you are over 60 years old or if you have an underlying medical condition like heart disease, a lung condition, or diabetes, you are at higher risk of developing complications from COVID-19. Be extra vigilant in following these guidelines and seek medical attention at the first sign of a high fever or difficulty breathing.

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What if I have traveled from an area with ongoing spread of COVID-19?

COVID-19 is a pandemic, with nearly every country reporting cases (as of April 1, 2020). If you have traveled from an affected area, you should self-quarantine for 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out, and delay any travel to reduce the possibility of spreading illness to others.

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Is there a vaccine or treatment?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often. There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms or receive urgent medical care.

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Where can I get more information?

Stay informed on the latest developments about COVID-19. Follow the advice given by healthcare providers and your national and local public health authority. You may seek information on the internet but pay attention to sources and ensure that they are reputable and valid.

Click here for global information sources



[World Health Organization](#)

[U.S. Centers for Disease Control](#)

[Johns Hopkins Coronavirus Resource Center](#)