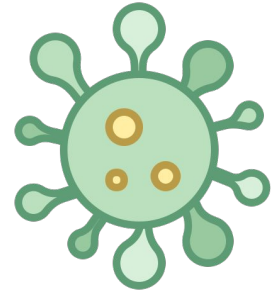


Tips to manage your health with Coronavirus

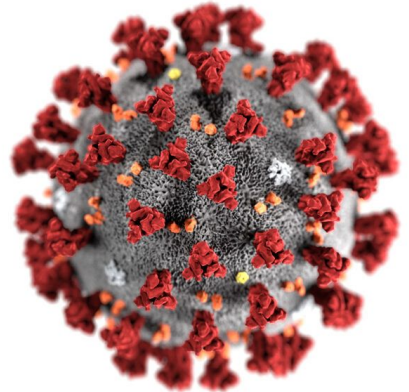


**West Hills College of Lemoore
Nursing Students**

Chee H., Leslie V., Marisol H., Ana J., Annamarie
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What COVID-19 is

- Coronavirus disease 2019 or COVID 19 is a respiratory illness that spread from person to person through close contacts.
- The COVID 19 is caused by a novel coronavirus that was first identify in an outbreak in Wuhan, China.

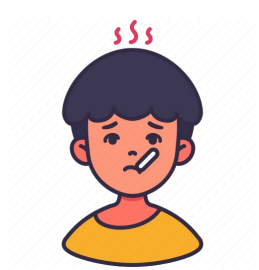


How does COVID-19 spread?

- COVID 19 is spreading through close contacts within 6 feet through respiratory droplets produced by coughing or sneezing by someone who is known to have COVID 19 or who recently been to area with ongoing spread of the COVID 19.
- It can also spread through touching surface area that has the virus on it and then touch their own mouth, nose, and eyes.



Signs and symptoms



Mild 2-14 days after exposure

- Fever (88%)
- Diarrhea, N/V, abdominal discomfort
- Dry cough
- Shortness of breath
- Phlegm production
- Chills
- *Fatigue
- *Headache
- *Joint
- *Muscle pain
- *Runny nose

Moderate: will develop **pneumonia**, s/s as described above can range from non-life-threatening to severe. Recovery time is a few days to a couple weeks.

Signs and symptoms continued

Severe & Critical: Symptoms can escalate into Acute Respiratory distress Syndrome (**ARDS**) 30-40% of cases are fatal.

- **Leads to respiratory failure**
- Difficulty breathing
- Wheezing
- Rapid breathing
- Lack of oxygen due to lungs being flooded inability to get oxygen to blood stream
- Coughing up mucus
- Confusion
- permanent lung damage
- Fatal within 14-19 days from severe stage





Hand Hygiene & Cough Etiquette



How to wash your hands:

- Use soap and water, lather on both side of hands, wrists and between fingers, and don't forget to wash around nails too!
- Wash hands for about 20 seconds (singing happy birthday song twice)
- Rinse and dry well with paper towels!

Cough Etiquette:

- Cover your nose and mouth with a disposable tissue or flexed elbow when you cough or sneeze and dispose the tissue and wash hands immediately!

Addressing Faith



- Important to stay home even if it means missing church
- Consider alternatives like watching church online or on TV
- The Catholic Channel is a radio station with daily mass and talk shows
 - Channel 261 on DISH or log onto <https://www.siriusxm.com/thecatholicchannel>
- TBN offers a variety of sermons, talk shows, and news with a Christian perspective
 - Channel 260 on DISH or log onto <https://www.tbn.org/keywords/church-channel>
- Hillsong Channel has sermons, live music, and Christian conferences
 - Channel 258 on DISH or log onto <https://now.hillsongchannel.com/>
- Many different apps offer a variety of Bible studies and devotionals
 - The Bible App is free and also has options to 'read with a friend' and share prayer requests
- You can always call a friend and share a Bible verse and pray together! :)

Local Death



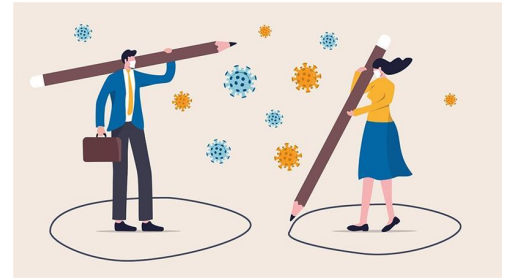
Central Valley's first novel coronavirus death was a male in his 60s. Jose Sanchez Barriga, had just undergone a physical and had no health issues detected. On March 23rd he found out he had COVID-19 and on March 26th he passed away. Officials stated that Barriga contracted coronavirus through a person-to-person spread. Barriga's family urge the public to take health guidance seriously.

There's currently a total of 2 deaths in the central valley from COVID-19.

Disease severity

Mild - Moderate (80%)	Severe (14%)	Critical (6%)
<ul style="list-style-type: none">• Fever• Sore throat• Dry cough• Fatigue/Tiredness• Headache/Muscle Aches• Loss of sense of smell• Self Quarantine & Treatment is sufficient <p>(80% of cases) - May be mistaken for the common cold/flu but more severe. Symptoms vary from person to person. This will likely not require hospitalization but if left untreated this can progress.</p>	<ul style="list-style-type: none">• The above symptoms plus• SOB (shortness of breath)• Pneumonia• Require supplemental oxygen	<ul style="list-style-type: none">• ARDS (acute respiratory distress syndrome)• Permanent lung damage (if survived)• Require supplemental oxygen/mechanical ventilation• Most cases result in death

Social Distancing



- **The best way to prevent illness is to avoid being exposed to this virus.**
- **How do we prevent being exposed?**
 - By social distancing
 - Physical distance
 - Stay home
 - Avoid close contact with people who are sick
- **What is social distance?**
 - This means keeping away from people at least 6 feet at all times.
 - This means NO birthday parties, BBQ's, family gatherings etc.
 - Visit loved ones through electronics (ex: facetime) instead of in person.
 - Canceling or postponing events, meetings, church, etc.
- **How does this help?**
 - This prevents and slows down the spread of disease.
 - The sooner we can get rid of the disease, the sooner we can go back to our normal daily lives.

The Do's & Don'ts



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Do's:

- Stay at home and avoid contact with others.
- Cover your mouth when you cough and sneeze into the inside of your elbow.
- Wash your hands frequently and use hand sanitizer often.

Don'ts:

- Go to the hospital if you're feeling sick, instead call your local health department for directions on what to do. Unless you have shortness of breath or other life threatening symptoms.
- Share food or drinks with other people, especially if they are displaying symptoms of the novel virus.
- Don't go out to areas with a high volume of people, only go out when essential items are needed such as groceries or bath essentials.



Total Confirmed

887,067

Confirmed Cases by
Country/Region/Sovereignty

190,740 US
105,792 Italy
102,136 Spain
82,361 China
74,508 Germany
52,870 France
47,593 Iran
29,842 United Kingdom
17,137 Switzerland
13,964 Belgium
13,696 Netherlands
13,531 Turkey
10,553 Austria
9,887 Korea, South

◀ Admin0 ▶

Last Updated at (M/D/YYYY)
4/1/2020, 9:02:03 AM



Cumulative Confirmed Cases

Active Cases

180
countries/regions

Lancet Inf Dis Article: [Here](#). Mobile Version: [Here](#). Visualization: [JHU CSSE](#). Automation Support: [Esri Living Atlas team](#) and [JHU APL](#). Contact [US](#). [FAQ](#).
Data sources: [WHO](#), [CDC](#), [ECDC](#), [NHC](#), [DXY](#), [1point3acres](#), [Worldometers.info](#), [BNO](#), state and national government health departments, and local media reports. Read more in this [blog](#).

Total Deaths

44,264

12,428 deaths
Italy

9,053 deaths
Spain

3,523 deaths
France

3,193 deaths
Hubei China

3,036 deaths
Iran

2,352 deaths
United Kingdom

1,173 deaths
Netherlands

1,096 deaths

Total Recovered

185,541

76,405 recovered
China

22,647 recovered
Spain

16,100 recovered
Germany

15,729 recovered
Italy

15,473 recovered
Iran

9,561 recovered
France

7,141 recovered
US

5,567 recovered



Confirmed

Logarithmic

Daily Increase

References

Centers for Disease Control & Prevention. (2020, March 31). Coronavirus Disease 2019 (COVID-19). Retrieved April 1, 2020, from <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Johns Hopkins. (2020, April 1). Coronavirus COVID-19 Global Cases by the Center for Systems Science and Engineering (CSSE) at Johns Hopkins University. Retrieved April 1, 2020, from <https://www.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9ecf6>