Don't Panic. Panic!

By Negroni

Something contagious and dangerous is going around. Remain calm, the CDC has a few easy rules to follow to keep this thing from spreading:

Wash Hands: 4 down clues follow this rule, with one word swapping an H for a WH.

Disinfect Surfaces: 4 down clues follow this rule, with one word removing its first letter.

Cover your Cough: 4 down clues follow this rule, with one word swapping a C for a different letter.

Wear Face Mask: 4 down clues follow this rule, with one word adding a letter to the front.

Self-Quarantine: 4 down clues follow this rule, with one word adding the letter I inside of it.

In addition, 4 across *answers* have been assigned travel restrictions. Alter these before entering them into the grid.

8 down clues, 4 each from the East and West, didn't take any of the precautions. If we're lucky, they won't get infected. When the grid is filled in, one of the two center rows will describe the illness in this fortunate situation.

1	2	3			4	5	6		7	8		9	10
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16			17				18						
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27		28		29		30	31		32	33	34		35
36					37			38	39				
		40	41				42					43	
44						45				46			
	47				48			49					

We're never that lucky, though, are we? In fact, all of the delinquent clues get infected! To show this, remove one word from these clues that represents something that you might lose when you get a sickness like this, and solve the clues anew (one clue needs to have two such words removed). Replace the entries in the grid with the new answers, which will also create new across entries. Once you're done, the other center row will tell you what we get in this unfortunate situation.

Across

- 1 Fiction genre obtained here in Latin
- 5 Glimpse all but the end with telepathy
- 7 Secular, quirky Cali
- 11 Great Inn of Clay oddly overlooked as protection for home away from home?
- 12 Dear King Toot
- 13 Caper is utter speculation
- 16 Smokier nuts causing irritation
- 18 Banks of lake harboring navy, primarily
- 19 I wore retro gold fabric with modern message
- 21 Belfry I organized for a short time
- 22 Rejected jazz players at club with girl's name
- 24 Bad flu; left able to handle no more
- 26 Rapper and producer Rudi practiced without reading
- 27 Cleveland's right after forest
- 33 Spoil average brandy
- 36 Biblical city with a king, 1000 AD
- 37 Fortifies delegates after losing the left wing
- 39 Supreme being linked back to male chromosome
- 40 In conversation, knock down and lift up
- 42 LA's madame initially in short film related to makeup of star

- 44 Energy from open fireplace moving right to left
- 45 Put down after clashes, essentially!
- 46 Fine source
- 47 Failing instrument by empty lake is fishing tool
- 48 Can you start collecting Florida's aquatic insect?
- 49 Wedding participant must have large headgear

Down

- 1 Clipped Christmas tree around second of December with gravity and sadness
- 2 Paddle with sad metallic rock
- 3 Louisiana brig returns to ancient city
- 4 Cake company approaches Mike Bishop
- 5 First month in pain and ecstasy with cruel emperor
- 6 Player flanks defensive end in V formation
- 8 Is yours truly over in France?
- 9 Harmony, formerly penetrating, confidence-imbued, primarily right conclusion of thought
- 10 Polite ho sings as ascendant model, captivating youth leader

- 12 Holly heard spiritual
- 13 Environmentalist, informally, say hello to missing energy, the last piece from Napa
- 14 Key harm of DOD to Italian wire service
- 15 Legume and ham on the head
- 17 Jungle lion's head in south India with minor part of vitality: best grade
- 20 Confused emir entertained three finales of *Juju, Vigor, Silk*, becoming more cloudy
- 23 Looking back, group holding note diagrams heartbeat, perhaps
- 25 Cut intro to skin coloring hit
- 27 Australopithecine species held up bat near Hawaii
- 28 Gratify sun god with stew ingredient
- 29 Change around aide without eudaemonia ending tense opening
- 30 Spear cats with symbol that looks like an S
- 31 More than enough if removed from well
- 32 Did navy even out historic WWI battle? (hyph.)
- 34 Tried to mirror Demi balance: medial extract
- 35 Heel cradled by fancy cleat
- 38 Workshop pursues second clock
- 41 Listener's other brew
- 43 Don't start herb in pan