

# Staying Healthy in the COVID-19 Pandemic & Cold/Flu Season

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10/7/2020

# Review Points on COVID-19

- **How COVID-19 spreads:**

- Person to person or animal via respiratory droplets (cough/sneeze/talk) w/in 6 ft (even if asx)
- Travels through nose/mouth/eyes to lungs

- **Prevention Points:**

- Wash Hands – at least 20 secs w/ soap & H2O (eating, masks, public places, bathroom, sick, animals, face)
- Don't touch your face (eyes/mouth/nose)
- Wear your mask over your mouth/nose (not under 2y/o) in public
- Social & sometimes in home distance (even w/ masks)
- Cover coughs/sneezes & throw away tissues (hand wash)
- Clean/Disinfect – common surfaces, after shopping (plastics, metals, glass)
- Monitor Your Health – fever, cough, SOB

# Cleaning & Disinfecting Products



## ■ EPA (US Environmental Protection Agency) List N

- Provides list of products expected to kill COVID-19
- If it works to kill COVID-19, it will work against most other viruses that cause the common cold & influenza viruses that cause the flu
- Products have to be used according to label
- On label, there is an EPA Reg # – enter first 2 sets into tool to know if you are getting an equivalent product
  - Ex: if EPA Reg. No. 12345-12 is on List N, you can buy EPA Reg. No. 12345-12-2567 and know you're getting an equivalent product
- EPA site for steps:
  - <https://www.epa.gov/pesticide-registration/list-n-disinfectants-coronavirus-covid-19>
- Actual tool:
  - <https://cfpub.epa.gov/giwiz/disinfectants/index.cfm>

# How long can COVID-19 Remain on Surfaces?

- **Cardboard:** up to 24hrs
- **Copper:** roughly 4hrs
- **Plastic or Stainless Steel:** 2-3 days
- Variable times on many surfaces depending on real world conditions (ventilation, humidity, temperature)

## Cold vs. Flu vs. Allergies vs. COVID-19

Symptoms:	Cold	Flu	Allergies	COVID-19 (can range from moderate to severe)
<b>Fever</b>	Rare	High (101-103 F), 3-4 days	Never	Common
<b>Headache</b>	Rare	Intense	Uncommon	Can be present
<b>General aches, pains</b>	Slight	Usual, often severe	Never	Can be present
<b>Tiredness</b>	Mild	Intense, starts early	Sometimes	Common
<b>Longhaul exhaustion</b>	Never	Usual gone in 2-3 weeks	Never	Can be present
<b>Stuffy/runny nose</b>	Common	Sometimes	Common	Has been reported
<b>Sneezing</b>	Usual	Sometimes	Usual	Has been reported
<b>Sore throat</b>	Common	Common	Sometimes	Has been reported
<b>Cough</b>	Mild to moderate	Common, can become severe	Sometimes	Common
<b>Loss of smell and taste</b>	Sometimes	Sometimes	Never	Has been reported
<b>Rash</b>	Very Rare	Rare	Can Happen	Can Happen
<b>Pink Eye</b>	Can Happen	Can Happen	Can Happen	Can Happen
<b>Diarrhea</b>	Never	Sometimes in children	Never	Has been reported
<b>Shortness of Breath</b>	Rare	Rare	Rare, except for allergic asthma	In more serious infections
<b>Chest Pain</b>	Rare	In more serious infections	Rare	In more serious infections

# What to do if I feel like I have COVID-19?

- **Self –isolate & quarantine 14 days min.** but make sure family/friends or at least someone close to you is aware that you are sick (video chat, phone, email); esp. those w/ underlying health conditions
- **Get tested:** actually confirm
- **Hospital if severe symptoms:** SOB, CP/pressure, Blue lips/face, confusion, can't wake
  - Complications: caused by cytokine release – ARDS/ARF, Pneumo, ALF, AKI, HF, Sepsis, Blood Clots, Rhabdo., Stroke
- **Treat your symptoms:** OTC pain meds, Rest, Eat, Hydrate, Lay prone, Maintain daily routine
- Symptoms can linger for weeks even if they are mild (ie: fatigue/cough even after 14day period)
- Reinfection is possible but immunity lasts 3-4 months (Antibodies)

# Prevention Points for cold & flu

- **Remember:** spread via respiratory droplets!
- Many overlaps with COVID-19 prevention:
  - Limit contact with sick individuals, cover sneeze/cough w/ tissues, wash your hands often, avoid touching face, clean/disinfect frequently
- Keep adequate amounts of : tissues, soap, paper towels, alcohol based hand sanitizers, disposable wipes, & disinfectant sprays available (work & home)
- Stay home if you are feeling sick @ least 24hrs even after feeling better (or after fever)
- Flu vaccine: high-risk, elderly, health workers
- For your children that are actually attending school:
  - Know how their school is handling outbreaks of the flu
  - Ask about their cleaning routines
  - **Educate them & send them w/ the tools they need** (sanitizer, wipes, etc.) – same applies to us working adults

# What to do if I feel like I am sick with the flu?

- **Self isolate/quarantine** (both cold & flu) – 5 to 7 days after sx start
- **Get tested** (flu vacc. after sx onset doesn't cure)
- **Tamiflu** w/in 48hrs ~5days or other antivirals
- **Treat your symptoms:** OTC pain & cold/flu meds (no aspirin <18y/o), build immune system, rest, eat, hydrate, vapor rubs, warm baths/hot showers, humidifiers
- **ER only if severe:**
  - Children - fast breathing w/ retractions, blue lips/face, refusal to walk, dehydration, seizures, not awake/alert, fever >104F
  - Adults – extreme SOB, persistent CP/pressure, dizziness, confusion, not awake/alert, severe weakness/unsteady, not urinating



# Overall General Health Points

- **Know if you are high-risk:** HTN, DM, CKD, COPD, Obesity, Weak Immune System, CHF, Asthma, Dementia, Sickle Cell, etc.
- **Stay Active:** exercise @ least 30mins 3-4x/wk
- **Destress & Meditate**
- **Eat Healthy & Hydrate** (as much as possible, lots of fruits & veggies)
- **Take Vitamins** (multi, vit-C, vit-D supps) & **Herbs** (ginger, turmeric, garlic, echinacea, elderberry, fish oil)
- **Drink tea or hot water w/ acidic fruit** (lemon or lemon juice) & honey – reduces phlegm
- **Immune Boosters:** probiotics (drinks/supplements)
- **Don't Travel** – unless you have to & can do it safely (consider: cleaning, masks, distance, numbers, high-risk, living)
- **Follow Prevention Points & Stay out of crowds** (esp. our older pop. & those w/ health conditions)

THE END!!!...

On to Q&As

## ADDITIONAL DETAILS ABOUT COVID-19:

- <https://www.cdc.gov/coronavirus/2019-ncov/your-health/index.html>
- <https://www.webmd.com/lung/coronavirus#6-10>

## ADDITIONAL DETAILS ABOUT THE FLU:

- <https://www.cdc.gov/flu/index.htm>
- <https://symptoms.webmd.com/cold-flu-map/difference-cold-or-flu>
- <https://www.webmd.com/cold-and-flu/flu-guide/flu-treatment-care>

## YOUTUBE VIDEO LINKS:

- <https://youtu.be/MzJpmVKtHoM> (Bacteria)
- [https://youtu.be/Zzatl\\_TcsG0](https://youtu.be/Zzatl_TcsG0) (Stress & Immune System)