

SFC COVID-19 Frequently Asked Questions (FAQs)

CDC FAQs: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

FDA FAQs: <https://www.fda.gov/emergency-preparedness-and-response/coronavirus-disease-2019-covid-19/coronavirus-disease-2019-covid-19-frequently-asked-questions>

General COVID-19 FAQs

Question	Answer
Can you be re-infected after recovering from COVID-19?	The immune response, including duration of immunity, to SARS-CoV-2 infection is not yet understood. Patients with MERS-CoV are unlikely to be re-infected shortly after they recover, but it is not yet known whether similar immune protection will be observed for patients with COVID-19.
What are the implications of COVID-19 on pregnancy?	Based on what we know at this time, pregnant people might be at an increased risk for severe illness from COVID-19 compared to non-pregnant people. Additionally, there may be an increased risk of adverse pregnancy outcomes, such as preterm birth, among pregnant people with COVID-19. Please contact your OB/GYN for guidance. https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html
Can people with underlying health issues survive COVID-19?	In general, the risk for serious disease and death from COVID-19 increases with age. However, severe illness leading to hospitalization and death, can occur in persons of any age with COVID-19.
How long does it take to recover from COVID-19?	To be released from isolation, a case must be 7 days from the onset of symptoms AND recovered from the illness for at least 72 hours without the use of fever-reducing medications.
How is COVID-19 spread?	The virus that causes COVID-19 is thought to spread mainly from person to person, mainly through respiratory droplets produced when an infected person coughs, sneezes, or talks. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Spread is more likely when people are in close contact with one another (within about 6 feet).

COVID-19 Prevention FAQs

Question	Answer
Should I wear a cloth covering in public?	<p>If you must go out in public, you should cover your nose and mouth with a cloth face covering or mask. In addition to hand washing and physical distancing, wearing a face mask offers protection to you and to the people around you.</p> <p>If you think you are sick with COVID-19, wear a cloth face mask that covers both your nose and mouth when you must be around others in your home.</p>
With shortage of Lysol what's the best way to disinfect?	<ul style="list-style-type: none">• Diluted household bleach solutions may also be used if appropriate for the surface. Check to ensure the product is not past its expiration date. Unexpired household bleach will be effective against coronaviruses when properly diluted.• Follow manufacturer's instructions for application and proper ventilation. Never mix household bleach with ammonia or any other cleanser.• Leave solution on the surface for at least 1 minute• To make a bleach solution, mix:<ul style="list-style-type: none">▪ 5 tablespoons (1/3rd cup) bleach per gallon of waterOR▪ 4 teaspoons bleach per quart of water○ Alcohol solutions with at least 70% alcohol. <p>https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html</p> <p>https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2</p>

More on prevention: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

COVID-19 Testing FAQs

Question	Answer
When should someone seek testing for COVID-19?	<p>According to the Centers for Disease Control and Prevention (CDC), most people with COVID-19 have mild illness and are able to recover at home without medical care. There is no treatment specifically approved for this virus. If you are experiencing symptoms, please stay home and call your healthcare provider. Healthcare providers use their clinical judgment to decide if a person should be tested for COVID-19. The decision to test for COVID-19 is based on several factors, including, but not limited to: symptoms, risk level, and testing supplies.</p> <p>CDC has also developed a tool to help persons decide if they need to seek medical care. The CDC Coronavirus Self-Checker can be found at https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html. If you develop emergency warning signs for COVID-19, you should get medical attention immediately. Emergency warning signs include*:</p> <ul style="list-style-type: none">• Trouble breathing• Persistent pain or pressure in the chest• New confusion or inability to arouse• Bluish lips or face <p>*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.</p> <p>If you have a medical emergency, call 911. Notify the operator that you have, or think you might have, COVID-19. If possible, put on a cloth face covering before medical help arrives. If you are going to the hospital via your own transport, please call your local hospital before arriving.</p>
What are the symptoms of COVID-19?	<p>According to the CDC, people with COVID-19 have reported a wide range of symptoms. These symptoms range from mild symptoms to severe illness and include the following:</p> <ul style="list-style-type: none">• Fever• Cough• Shortness of breath or difficulty breathing• Chills• Muscle Pain or body aches• Headache• Sore Throat• New loss of taste or smell.• Diarrhea• Nausea or vomiting• Congestion or runny nose

<p>Who should I call if I don't have a primary healthcare provider and I have signs and symptoms of COVID-19?</p>	<p>Call one of the area provider offices to see if they can test you. You can also call the Mercy Clinical Support Line at 314-251-0500 or Saint Francis Outpatient Collection Sites at 573-331-4200.</p> <p>List of area providers which perform testing: http://sfchc.org/covid-19-updates/covid-19-testing/</p>
<p>How long does it take to get results back?</p>	<p>This has varied in our area. 2-7 days seems to be the average depending on laboratory capacity.</p>

COVID-19 Statistics and Reporting FAQs

Question	Answer
<p>How is COVID-19 reported to the Health Center?</p>	<p>If a person who resides in SFC tests positive for COVID-19, a report is sent to the St. Francois County Health Center and the Missouri Department of Health. The Health Center initiates a full epidemiological investigation.</p>
<p>If someone from St. Francois County (SFC) is tested in another county, is that test counted for SFC or the place where they were tested?</p>	<p>Any resident of SFC that tests positive for COVID-19, regardless of testing site, is typically counted as a positive for SFC.</p>
<p>How does a death get counted for COVID-19?</p>	<p>Deaths are reported by doctors, hospitals, or coroners in the form of a death certificate. A death certificate that lists COVID-19 disease or SARS-CoV-2 as a cause of death or a significant condition contributing to death is counted as a COVID-19 death per state guidelines.</p>

COVID-19 Dictionary

Antibody test: Also known as a serological test, an antibody test determines whether a person has had a specific type of virus in the past. Antibody testing for COVID-19 is in its early stage. There are antibody tests for COVID-19 on the market, but the FDA has not evaluated or approved these tests and their accuracy is still unknown. (Source: [FDA](#))

Asymptomatic: A person who has a virus but does not have any symptoms or signs of illness. An asymptomatic person can still be contagious and spread a virus to other people. The proportion of COVID-19 cases that are asymptomatic is still unknown because of the lack of widespread testing. (Source: [CDC](#))

Related terms: Incubation period, Pre-symptomatic

COVID-19: An infectious disease that causes symptoms including fever, cough, and shortness of breath. Commonly called “coronavirus,” COVID-19 is shorthand for “coronavirus disease 2019.”

Related terms: Coronavirus, SARS-CoV2

Case fatality rate (CFR): The death rate of a disease. To determine the CFR, divide the number of deaths by the total number of cases. The CFR for a disease can change depending on the time period, location, and demographics. The CFR for COVID-19 in the United States is still unknown because of the lack of widespread testing. In China, the CFR ranges from 1% to 5%. (Source: [WHO](#))

Close contact: Anyone who is at high risk of becoming infected after being within 6 feet of an infected person or having contact with an infected person’s bodily fluids. Public health officials may try to identify close contacts through contact tracing.

Related term: Contact tracing

Community spread: The spread of a disease in an area without a clear chain of events or connection to a person who is known to be infected.

Contact tracing: The process of identifying people who may have been exposed to a contagious disease and monitoring and treating those people to control the spread of the disease.

Cordon sanitaire: Preventing disease from spreading by stopping people from leaving an area where the disease is spreading. The term is French for “sanitary cordon” and refers to when military would surround a community suffering from a disease.

Coronavirus: A type of virus that causes illness in humans and animals. “Corona” is the Latin word for “crown” and refers to the spikes on the surface of the virus. Most coronaviruses infect animals, but some can also infect people. SARS (severe acute respiratory syndrome) and MERS (Middle East respiratory syndrome) are also caused by coronaviruses.

Related terms: COVID-19, SARS-CoV2

Drive through testing: A testing process where people stay in their vehicles. Medical staff wear protective gear and use a swab to test for the virus. Because of the limited number of tests, many drive through sites still require orders from a physician to receive a test. [Find a testing site.](#)

Droplet transmission/spread: One way that disease can spread from person to person. The spray from an infected person’s cough or sneeze contains droplets that can infect other people before the droplets fall to the ground.

Elective surgeries: Surgical procedures that are not essential or are not urgent. The CDC recommends that health facilities postpone or move elective surgeries to slow the spread of COVID-19. (Source: [CDC](#))

Epidemic: An outbreak of an infectious disease that affects people in a specific area or community.

Related term: Pandemic

Essential activities: Activities that can continue during a stay at home order. Essential activities include accessing necessary things like food, health care or prescriptions. Maintaining physical distancing is important when going out for any essential activities.

Related term: Stay at home

Face mask: A protective covering worn over the nose and mouth to prevent the spread of disease. The CDC recommends wearing a cloth face mask when going out in public to protect yourself and others. A cloth face mask can be made with common materials including a T-shirt or bandana. (Source: [CDC](#))

Related term: N95 Respirator

Flattening the curve: Reducing the number of COVID-19 cases at one time to ease the pressure on healthcare providers and public resources. Physical distancing and other protective measures can slow the spread of the virus and flatten the curve. (Source: [NPR](#))

Herd immunity: When most of a population is immune to an infectious disease, people who are not immune are indirectly protected because it is harder for the disease to spread. For example, measles, mumps and polio are now very rare in the U.S. because most Americans have immunity through vaccines.

Immunocompromised: Having a weaker immune system. Someone who is immunocompromised is at greater risk for contracting a disease due to a preexisting medical condition such as asthma, heart disease and diabetes.

Incubation period: The time between catching the virus and beginning to have symptoms. The incubation period for COVID-19 can range from 1-14 days but is usually around five days. During this time, an infected person can still be contagious and spread a virus to other people.

Related term: Pre-symptomatic

Isolation: Preventing the spread of disease by separating someone who is sick from healthy people. Isolation includes staying at home and not sharing a bedroom or bathroom with healthy family members. Healthcare providers can help patients determine how long they need to isolate.

Related terms: Quarantine, Self-quarantine

N95 respirator: A type of disposable face mask that healthcare workers wear to protect themselves from infection. The mask fits tightly around the nose and mouth and can filter more virus particles than cloth masks or surgical masks.

(Source: [CDC](#))

Related terms: Face mask, Personal protective equipment

Pandemic: Worldwide spread of a new disease that most people are not immune to. The World Health Organization declared the coronavirus outbreak a pandemic in March. (Source: [WHO](#))

Related term: Epidemic

Personal protective equipment (PPE): Gear worn by health professionals and other essential employees to prevent the spread of disease. PPE includes surgical masks, N95 masks, gowns, gloves, and eye protection.

Physical distancing: Keeping at least 6 feet apart from other people to prevent the spread of disease. Working from home, cancelling in-person events, and visiting with loved ones online are all ways to practice physical distancing.

Related term: Social distancing

Pre-symptomatic: A person who has recently been exposed to a virus but has not developed symptoms or signs of illness yet. Someone who is pre-symptomatic can still be contagious and spread a virus to other people. Testing can confirm cases of COVID-19 while a person is pre-symptomatic. (Source: [WHO](#))

Related terms: Asymptomatic, Incubation period

Quarantine: Separating people who may have been exposed to a contagious disease to see if they become sick. For example, travelers may be quarantined at a port of entry to prevent the spread of disease.

Related term: Self-quarantine

SARS-CoV2: The specific type of virus that causes the disease COVID-19. The full scientific name of the virus is severe acute respiratory syndrome coronavirus 2 and is commonly called “coronavirus.”

Self-quarantine: Choosing or volunteering to be quarantined after being exposed to a contagious disease. Self-quarantine usually happens at home to avoid spreading a disease to other people. Health experts recommend that individuals who may have been exposed to COVID-19 self-quarantine for 14 days after exposure, take their temperature daily and avoid interacting with people who are at [high risk](#) of complications from COVID-19.

Related term: Quarantine, Isolation

Stay at home: An order by a city, state or county government requiring residents to stay home and only go out for essential activities or to work in an essential business. Some areas may also allow exercising outdoors. Stay-at-home orders help prevent diseases from spreading quickly from person to person.

Related terms: Essential activities

Ventilator: A machine that helps patients breathe by moving air in and out of their lungs. Some patients who are hospitalized for COVID-19 will need a ventilator to help them breathe.