

CORONAVIRUS COVID-19 TIP SHEET



2020 COVID-19 OUTBREAK

COVID-19 is a novel coronavirus first detected in Wuhan, China, in December 2019. As of February 2020, it has been detected in 60 locations internationally, including the US. Most people who become infected experience mild illness and recover, but it can be more severe for others.

On January 30, 2020, the International Health Regulations Emergency Committee of the World Health Organization (WHO) declared the outbreak a “public health emergency of international concern external icon” (PHEIC). On January 31, 2020, Health and Human Services Secretary declared a public health emergency (PHE) for the United States. Health professionals are urged to view the CDC's COVID-19 situation webpage for current insight. The risk of transmission in the United States is low at this time, but standard infectious disease precautions should be taken with all patients, at all times.

CORONAVIRUS VS FLU

Coronavirus	Flu
<ul style="list-style-type: none">• Fever• Cough• Shortness of breath/difficulty breathing	<ul style="list-style-type: none">• Fever• Cough• Sore throat• Runny or stuffy nose• Muscle/body aches• Headaches• Fatigue

REFERENCES

- ADA, "Infectious Diseases: 2019 Novel Coronavirus." <https://bit.ly/3cp3AOy>
- CDC, "Coronavirus Disease 2019 (COVID-19)." <https://bit.ly/2TFUMv1>
- CDC, "Healthcare Supply of Personal Protective Equipment." <https://bit.ly/2uPNWL8>
- CDC, "Interim Infection Prevention and Control Recommendations." <https://bit.ly/2wrJVNu>
- Dentistry 33, "Coronavirus disease: advice for patients and dentists." <https://bit.ly/2TkLntY>
- WHO, "Coronavirus disease (COVID-19) advice for the public." <https://bit.ly/3cxKHJx>

FOR DENTISTS

The CDC has not changed its guidance on single-use disposable facemasks to be worn once and discarded after every patient. The CDC urges Dental Health Care Personnel (DHCP) concerned about healthcare supply of PPE to monitor Healthcare Supply of Personal Protective Equipment (PPE) for updated guidance, and to be familiar with the Interim Infection Prevention and Control Recommendations.

The CDC guidelines note that, in cases when a patient presents with symptoms of a respiratory infection, DHCP may consider postponing non-emergency or elective dental procedures until a patient is no longer contagious and if urgent dental treatment is necessary, DHCP and medical providers should work together to determine the appropriate precautions on a case-by-case basis.

The CDC and WHO has indicated some simple rules to follow:

1. Wash your hands frequently with soap and water for at least 20 seconds, or with a minimum 60% alcohol-based hand rub.
2. Avoid touching your eyes, nose and mouth.
3. Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
4. Maintain at least 1 meter/**3 feet distance** between yourself and anyone who is coughing or sneezing.
5. Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
6. Stay home if you feel unwell. If you show Coronavirus symptoms, seek medical attention and call in advance. Follow the directions of your local health authority.