



COVID-19

ADVISORY No. 51

May 5, 2020



ANVAYA COVE

Seaside Leisure Community



COVIDIGEST

SERIES NO. 12

8 LIFE-SAVING COVID-19 FACTS YOU SHOULD KNOW

COVID-19 is a disease that can pose risk factors to humans. This virus does not discriminate - anyone can be infected. Read on some facts which may help you and your loved ones during this pandemic.

1



More Men Reportedly Die From COVID-19 than Women

The Center for Disease Control and Prevention (CDC) reported a death rate of 2.8% on men and 1.7% on women. This may be because women have a better immune response due to their estrogen levels.

2



Alcohol Could Really Hurt You during the Pandemic

Alcohol dampens the immune system response. Don't be fooled into thinking that alcohol/liquor kills COVID-19.

3



Keep Moving

During this pandemic, it is even more important for people of all ages to be as active as possible. Ensure that you move more and sit less to improve your overall wellbeing.

4



COVID-19 Stays on Surfaces

Studies have shown that the COVID-19 virus can survive for up to 72 hours on plastic and stainless steel, less than 4 hours on copper, and less than 24 hours on cardboard. Do not forget to disinfect surfaces properly.

5



Still Smoking or Vaping? You're at Risk for More Severe Illnesses

Smokers may be more vulnerable to COVID-19 as the act of smoking increases the possibility of virus transmission from hand to mouth.

6



COVID-19 particles are so minute

COVID-19 particles are so small that they easily pass through the pores. Imagine the size of the virus: about 100 million copies can be easily placed on the tip of a needle.

7



Low Risk isn't No Risk

Even if you are less than 60 years old and do not have an underlying medical condition, you can still become sick with COVID-19.

8



Children aren't significant spreaders

According to CDC, while children may appear vulnerable, they do not seem to be at high risk for getting COVID-19. Relatively few children with COVID-19 are hospitalized, and fewer children than adults experience fever, cough, or shortness of breath.