

What Do We Know NOW About COVID

TOP TEN LIST

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*Ongoing global research reveals changes in what has been **learned** and recommended regarding COVID. Here's what we know currently:*

1. **Masks Work** - multiple layer clean cloth or medical masks protect others and we have learned *masks protect the wearer* by preventing or reducing the amount of virus a person is exposed to. Proper mask wearing *may* lead to milder COVID disease compared to unmasked exposure.
2. **Social Distancing** (6 ft/ 2 m) provides a buffer of protection, in partnership with a mask. Avoid large crowds and choose outside options over inside options for better ventilation.
3. **Frequent handwashing** and not touching your face are essential to prevent infection spread.
4. **All at Risk** - COVID can sicken or cause death among all age groups, though we know that older adults (>60) or those with underlying medical conditions can have increased risk of severe COVID disease.
5. **Contaminated Surfaces** are not the main danger. Keeping your environment clean and practicing good hygiene does continue to be very effective.
6. **In the Air** - The virus can float in the air for an extended period of time (especially inside). Risk is associated with local levels of COVID infection. As weather in some areas gets cooler, safe outdoor gatherings may be more difficult.
7. **Asymptomatic Spread** - Many (up to 45%) are infectious without feeling "sick" (asymptomatic) and spread the virus before experiencing symptoms just by normal talking and breathing.
8. **Side Effects** – Longer term COVID side effects have been observed globally in all ages and with asymptomatic, mild and severe COVID (fatigue, heart & lung impact, brain-fog, inflammation).
9. **Decreasing death rates** - Thankfully, positive learning from ongoing research and more effective treatment and prevention methods have led to a decrease in COVID death rates.
10. **What have you learned?**