COVID-19 CAUSE BY SARS-CoV-2

**Incubation period:** 2-14 days (median 4 days)

**Transmission:** Respiratory droplets or direct contact with fomites. Asymptomatic people have been shown to shed virus but are not main drivers of the epidemic.

**Ro (secondary infections from index):** 2.2

**Case Fatality Rate (CFR) (intact health systems):** 0.8 – 1%

**CFR (health system overwhelmed):** 2.1 – 7.3%

COVID-19 COMMON SYMPTOMS

- Fever 98%
- Headache 8%
- Nasal Congestion 20%
- Sore Throat 61%
- Cough 76%
- Dyspnea 55%
- Myalgia 44%
- Diarrhea 3%

15% Will require O2 supplementation

80% Mild symptoms, but may deteriorate within 5-7 days

5% Will require ICU care

80% Will require O2 supplementation

WHAT TO WATCH OUT FOR?

**HIGH RISK FEATURES**
- > 60 years old
- Comorbidities

**RED HERRINGS**
- False positive Dengue IgM with COVID-19 infections

DIAGNOSTIC INVESTIGATIONS

**HOW DO I TEST FOR IT?**
- COVID-19 RNA PCR (Nasopharyngeal/throat swab /sputum preferable) in universal transport medium 2 x 24 hours apart
- Turn around time = 6 hours
- PCR may be negative early in disease. If clinically suspicious, keep patient isolated and may require > 2 tests
- PCR may fluctuate (positive – negative – positive)
- PCR may represent viral shedding in asymptomatic patients

**OTHER FEATURES:**
- Platelets & Lymphocytes, LDH, CRP portends worse prognosis
- Chest imaging: bilateral infiltrates, peripheral opacities and consolidations

PREVENTIVE MEASURES

**CONTROL STRATEGIES TO FLATTEN THE EPIDEMIC CURVE**

+ **IDENTIFICATION OF CASES**
+ **ISOLATION WITH NEGATIVE PRESSURE/CONTACT PRECAUTIONS FOR ALL POSITIVE COVID-19 CASES**
+ **INTERVENTIONS:**
  - Full PPE (N95, eye protection, gown and gloves)
  - PAPR may be used if trained and available for the following aerosol generating procedures: bronchoscopy, tracheostomy, non-invasive ventilation, suctioning, intubation
  - Hand hygiene and surgical masks in all clinical areas
  - Universal transport medium of suspect/positive cases should be hand carried to the lab (double bagged and in cryo-box)
  - Enhanced environmental cleaning
  - Contact tracing and screening
  - Limit large gatherings, minimize overseas travel, social distancing
  - Stay home if not feeling well
  - If you have an unprotected exposure, inform your reporting officer and Occupational Health Clinic

USEFUL LINKS

Singapore: www.moh.gov.sg/covid-19
Regional: https://infographics.channelnewsasia.com/covid-19/map.html
Global: https://systems.jhu.edu/research/public-health/ncov/