

I am

ALIVE &
IN **COLOR**

**WINNING THE BATTLE
AGAINST COVID-19**



KNOW YOUR STATUS

Diagnosis & Testing For COVID-19 & The Flu

Know Your Status: Diagnosis & Testing For COVID-19 & The Flu
November 12, 2020

Table of Contents

- The Status of the State 3
- How The Virus Spreads
- Why Testing is Important 4
- Why to Participate in Contact Tracing
- When to Get Tested
- Recognizing the Symptoms 5
- Symptoms of covid-19 in elderly and the young 6
- Symptoms of COVID-19 ‘Long-Haulers’ 8
- When to Seek Emergency Medical Attention 9
- The types of COVID-19 Tests Available 10
- **FREE** COVID-19 Testing 11
- Safe practices while you are waiting for test results
- COVID-19 vs. The Flu 12
- Where to get a Flu Shot 13

Know Your Status: Diagnosis & Testing For COVID-19 & The Flu
November 12, 2020

The Status of The State

#FACT - COVID-19 cases and positivity rates are back on the rise in Fulton County

- **Up to 40% of people who have COVID-19 are estimated to be asymptomatic.** That means they could be walking around like everything's cool because they don't have symptoms, when in fact they are highly contagious.
- **Fulton County is leading Ga** in County Case Rates at **33,340 cumulative cases** of the 2019 novel coronavirus (COVID-19). **With as much as 24% of those cases** being asymptomatic, there were more new cases of COVID-19 in Fulton Co. in the past 2 weeks than the previous two weeks.

#FACT - Black and Hispanic populations are disproportionately impacted by COVID-19

- GA is nearing 411,000 cases and over 8,740 deaths.
- **The number of deaths for every 100k in the Black population remains high at 102 compared to deaths for the White population at 77. The number of deaths for every 100k in the Hispanic population is 50.**
- **Positivity rates continue to creep up - As of November 13, the positivity rate is 5% compared to what it was one month ago (w/o 10/13) at 3.5%**

Know how the COVID-19 virus spreads

- **Respiratory Droplets:** The virus is mainly spread through the respiratory droplets of an infected person via direct contact - e.g. sneezing, speaking close to you, or coughing. Though not conclusively demonstrated, it is suspected that airborne transmission may be possible - particularly if indoors.
- **Contact With The Virus on Surfaces:** You can also get infected if you touch a surface that has the virus on it, and then touch your mouth, nose, or eyes. But the virus doesn't last very long on surfaces.
- **Asymptomatic & Presymptomatic Transmission:** It's possible to have no symptoms (asymptomatic) or very mild symptoms and still infect someone else. 40% of people who have COVID are asymptomatic.

Know Your Status: Diagnosis & Testing For COVID-19 & The Flu

November 12, 2020

Know why testing is important

- **Testing saves lives:** Getting a COVID test protects your loved ones. If you pass the virus to them, they can get very ill, end up in the hospital and the worse-case scenario can happen – they could die.
- **Testing minimizes Risk:** Testing helps you. If you get diagnosed early, it may help you get better faster and keep you out of the hospital. That means you won't have to miss work or be too ill to take care of your family.
- **Testing protects vulnerable populations:** Essential workers and minority populations are disproportionately being affected by the virus. Testing, particularly of asymptomatic and pre-symptomatic individuals is key to interrupting the spread in these communities.
- **Testing gives government officials a gauge of community spread**

Know why to participate in contact tracing

- **Contact tracing is important in slowing the spread of COVID-19.** It helps to identify individuals who may be contagious, but asymptomatic (no symptoms) or presymptomatic (prior to showing symptoms):
 - If you test positive, a contract tracer may call you to get information about the people you've been around.
 - Please cooperate with contact tracers. The information will help them know where the virus is spreading and who may be affected so they can provide testing, treatment, and free resources.
 - Watch out for scammers: A contact tracer will never ask you for personal information like social security number or credit card information.
- **Your personal information is protected**
 - Personal information is NOT shared with any individuals or organizations. Personal information is only used for the purposes of tracing. When and if they are contacted for contact tracing purposes, personal information is not shared.
 - Reinforce that social security numbers are not collected at any point in the testing process.

Know Your Status: Diagnosis & Testing For COVID-19 & The Flu

November 12, 2020

Know when to get tested

1. **Get tested if you have high exposure to people outside of your home**
 - a. If you are an essential worker or have high exposure to people outside of your immediate household, you should get tested regularly, even if you don't have symptoms.

2. **Get tested if you have been in close contact with someone with a COVID-19 infection** - If you have been in close contact with someone with a COVID-19 infection, or suspect that you may have been in contact, you should get tested even if you don't have symptoms. **Close Contact:**
 - a. **Caring for a sick person** with COVID or **Living in the same of household** as a sick person with COVID - unable to maintain 6 feet
 - b. **Being within 6 feet of a sick person** with COVID for a **cumulative total of 15 minutes** or more over a 24 hr period, OR
 - c. **Being in direct contact with secretions/respiratory droplets** from a sick person with COVID, for any amount of time (being coughed on, kissing, sharing utensils, etc.)

3. **Get Tested If you experience symptoms of COVID-19**

Recognize the symptoms of COVID-19

Symptoms are mild for most people who are infected with the coronavirus and will likely appear 2-14 days after being exposed to the virus (on average 5-6 days). The most common symptoms include the following:

- Fever
- Cough
- Shortness of breath
- Chills (sometimes combined with shaking)
- Muscle pain
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea and stomach problems

Use the [CDC Coronavirus Self-Checker](#) to assess your health if you think you've contracted COVID-19

Know Your Status: Diagnosis & Testing For COVID-19 & The Flu

November 12, 2020

Monitor your health and contact your health provider. Telehealth COVID-19 screenings and follow-up care are available, affordable, and convenient.

- The [Augusta University ExpressCare App](#) allows you to connect with a medical clinician via video, chat, or phone, including a hotline for those without internet access (706-721-1852). ***Y se habla Español.***

Know the symptoms of COVID-19 in elderly and the young

The Elderly

Keep an eye out for specific symptoms of COVID-19 in people age 65 and older. Symptoms can range from mild symptoms to severe illness and death. Typical and atypical symptoms may appear 2-14 days after exposure. Underlying chronic illnesses can also mask or interfere with signs of infection.

- **FEVER:** In some cases, seniors and people of any age with underlying health conditions may have symptoms that are not typically seen in others. They may also take longer than others to develop fever and other symptoms. In seniors, normal body temperature can be lower than in younger adults. Be aware that a single reading higher than 100°F (37.8°C), multiple readings above 99°F (37.2°C), or a rise in temperature greater than 2°F (1.1°C) above the patient's normal (baseline) temperature may be a sign of infection.
- **CONFUSION:** Seniors may seem "off" — not acting like themselves — after being infected by the coronavirus. They may seem unusually apathetic or confused. They may become dizzy and fall. They may seem profoundly disoriented and unable to speak.
- **FATIGUE:** Other signs of an infection may include drowsiness and lower than normal activity levels. They may sleep more than usual. Sometimes, seniors stop speaking or simply collapse. They could appear incontinent.
- **LOSS OF APPETITE:** They may stop eating, leading to weakness and dehydration. This may contribute to falls and injuries.

The Young

According to an children and COVID-19 study by the American Academy of Pediatrics, about 11% of patients with COVID-19 are children (age range 0-20--varied by state). Children make

Know Your Status: Diagnosis & Testing For COVID-19 & The Flu

November 12, 2020

up 1% to 3.6% of total reported COVID-19, hospitalizations. Between 0.6% and 6.9% of all child COVID-19 cases resulted in hospitalization.

Babies under 1 year old might be more likely to have severe illness from COVID-19. In babies, children and teens, regardless of age, those with the following underlying medical conditions might be at risk of severe illness compared to other children. This list does not include every underlying condition that might increase the risk of severe illness in children.

- Asthma or chronic lung disease
- Diabetes
- Genetic, neurologic, or metabolic conditions
- Heart disease since birth
- Immunosuppression (weakened immune system due to certain medical conditions or being on medications that weaken the immune system)
- Medical complexity (children with multiple chronic conditions that affect many parts of the body who are often dependent on technology and other significant supports for daily life)
- Obesity

The most common symptoms of COVID-19 in babies, children and teens are fever and cough. They may also have any of the following signs and/or symptoms of COVID-19.

- Fever or chills
- Cough
- Nasal congestion or runny nose
- New loss of taste or smell
- Sore throat
- Shortness of breath or difficulty breathing
- Diarrhea
- Nausea or vomiting
- Stomachache
- Tiredness
- Headache
- Muscle or body aches
- Poor appetite or poor feeding, especially in babies under 1 year old

Do not delay seeking emergency care for your child because you are worried about the spread of COVID-19. Emergency departments have infection prevention plans to protect you and your child from getting sick with COVID-19 if your child needs emergency care.

If your child is showing any of these *emergency warning signs, seek emergency medical care immediately.

Know Your Status: Diagnosis & Testing For COVID-19 & The Flu

November 12, 2020

- Trouble breathing
- Pain or pressure in the chest that doesn't go away
- New confusion
- Can't wake up or stay awake when not tired
- Bluish lips or face

Know the symptoms of COVID-19 'Long-Haulers'

While most patients with COVID-19 recover and return to normal, [some patients have symptoms that can last for weeks or months after recovery from acute sickness.](#)

The most commonly reported long-term symptoms include:

- Fatigue
- Shortness of breath
- Cough
- Joint pain
- Chest pain

Other reported long-term symptoms include:

- Difficulty with thinking and concentration (sometimes referred to as "brain fog")
- Depression
- Muscle pain
- Headache
- Intermittent fever
- Fast-beating or pounding heart (also known as heart palpitations)

More serious long-term complications appear to be less common but have been reported. These have been noted to affect different organ systems in the body. These include:

- Cardiovascular: inflammation of the heart muscle
- Respiratory: lung function abnormalities
- Renal: acute kidney injury
- Dermatologic: rash, hair loss
- Neurological: smell and taste problems, sleep issues, difficulty with concentration, memory problems
- Psychiatric: depression, anxiety, changes in mood

Know Your Status: Diagnosis & Testing For COVID-19 & The Flu

November 12, 2020

The long-term significance of these effects is not yet known. CDC will continue active investigation and provide updates as new data emerge, which can inform COVID-19 clinical care as well as the public health response to COVID-19.

Know when to seek emergency medical attention

There are 5 different categories of severity in illness for those who have contracted COVID-19, the criteria sometimes overlap:

- Asymptomatic/Presymptomatic: you fall into this category if have no symptoms, even if you test positive
- Mild: various symptoms of COVID-19 without shortness of breath, difficulty breathing, or abnormal chest x-rays
- Moderate: evidence of lower respiratory disease by clinical assessment or x-rays
- Severe: Individuals who have respiratory frequency >30 breaths per minute
- Critical: respiratory failure, septic shock, and/or multiple organ failure

COVID-19 treatment is only provided in hospitals, but consultation with a doctor is possible via telehealth services. Look for emergency warning signs* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

***This list is not all possible symptoms.** Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19. [Click here](#) for the latest information about symptoms from the Centers for Disease Control.

If you do not experience any of these symptoms and are positive for COVID, continue to:

- Rest
- Stay hydrated
- Get proper nutrition
- Isolate from others

Know Your Status: Diagnosis & Testing For COVID-19 & The Flu

November 12, 2020

Know the types of COVID-19 Tests Available

There are two types of diagnostic [viral tests](#) for COVID-19.

- Antigen test: Frequently referred to as a rapid test, this test detects protein fragments specific to COVID-19. These tests can be done in a clinic, doctor's office, or hospital. Turnaround time for results are quick and can be reported within 15-30min
- Molecular PCR Test: This test detects the virus' genetic material (RNA) that is specific to it and can detect the virus within days of infection. These tests can be done in a clinic, doctor's office or hospital. Turnaround time for this test is longer, generally 48-72 hours. If demand is high, results can take a week or longer.

An [antibody test](#) might tell you if you had a past infection by checking your blood to look for antibodies. Antibodies help fight off infections and can provide protection against a specific disease again. These tests are also used for surveillance of spread.

- Antibody tests will not show if you have a current COVID-19 infection because it can take 1-3 weeks after infection for your body to make antibodies.

Know what to expect during a COVID-19 test

A health care worker uses a swab to get fluid from your nose, throat or from saliva. At some testing sites, they will give you the swab to do it yourself. The test takes seconds.

Know how and where to get tested for FREE

With the help of [CORE](#), Fulton County & The Fulton County Board of Health have greatly expanded testing capacity and reduced wait time for results to an average of 1-2 days. **Testing is available for free** through, CORE, Fulton County, and the Department of Public Health. No insurance or ID needed. Testing is available to anyone. ***Y se habla Español.***

- Getting tested:
 - [Drive-Thru & Walk-Up Testing](#) is provided by CORE and the Fulton County Board of Health
 - [Schedule a COVID-19 test online](#)
 - Call 404-613-8150; 8 a.m. - 7 p.m. on weekdays and 8:30 a.m. - 5 p.m. on Saturdays
- Getting your results:
 - Test results will be emailed to you if you provided an address when you registered

Know Your Status: Diagnosis & Testing For COVID-19 & The Flu

November 12, 2020

- You may also email fcboh.covid@dph.ga.gov with your name and date of birth
- Call 404-613- 7295; Monday - Friday 8 a.m. - 5 p.m.
- Getting retested:
 - If you test positive, only retest 3 months after your initial test

Know how to follow safe practices while you are waiting for test results

Even if you don't have symptoms (asymptomatic), you can still pass the virus to someone else. So, make sure to wear a mask and keep a 6 ft distance from others. It might be difficult or feel like it's too much of a hassle, but it's important to try not to infect loved ones. Each person is different and even a younger, healthy person could get severely ill and end up in the hospital.

If you test negative for COVID-19, you probably were not infected at the time your sample was collected. This does not mean you will not get sick.

- A negative test result only means that you did not have COVID-19 at the time of testing or that your sample was collected too early in your infection.
 - **It may take some time after being exposed for enough virus to be detectable on a test.** Experts recommend that you self-isolate and wait at least 7 days before getting a test, wear a mask, follow hand hygiene, and limit the number of people you come in contact with while we are waiting to get a test.
- You could also be exposed to COVID-19 after the test and then get infected and spread the virus to others
- If you show symptoms later, you may need another test to determine if you are infected with COVID-19.

If you test positive from a viral test, it is likely you have the disease. The accuracy of people who test positive but do not have the disease is quite low. If you test positive for COVID-19, abide by the following practices:

- Stay at home for 10 days from when your symptoms started.
- [Keep away from people](#) in your household as much as possible, wear a mask and follow hand hygiene practices.
- Check your temperature twice a day and watch your symptoms.
- If your symptoms worsen - severe cough, fever, shortness of breath, seek medical care immediately.

Know the differences between COVID-19 & the Flu

Know Your Status: Diagnosis & Testing For COVID-19 & The Flu

November 12, 2020

Transmission:

COVID-19 and the Flu are two different viral infections. While initial symptoms may appear similar, they are two different viruses and should be treated as such.

- COVID-19 seems to spread more easily than flu
- While COVID-19 and flu viruses are thought to spread in similar ways, **COVID-19 is more contagious among certain populations** and age groups than flu. Also, COVID-19 has been observed to have more superspreading events than flu. This means the virus that causes COVID-19 can quickly and easily spread to a lot of people and result in continuous spreading among people as time progresses.

How long someone can spread the virus that causes COVID-19 is still under investigation, but there are some preliminary observations.

- FLU: If a person has COVID-19, they may be contagious for a longer period of time than if they had flu.
 - Most people with the flu are contagious for about 1 day before they show symptoms.
 - Older children and adults with flu appear to be most contagious during the initial 3-4 days of their illness but many remain contagious for about 7 days.
 - Infants and people with weakened immune systems can be contagious for even longer.
- COVID-19: It's possible for people to spread the virus for about 2 days before experiencing signs or symptoms and remain contagious for at least 10 days after signs or symptoms first appeared. If someone is asymptomatic or their symptoms go away, it's possible to remain contagious for at least 10 days after testing positive for COVID-19.

Symptoms:

While symptoms may initially seem similar, COVID-19 and the Flu have distinctive qualities.

- If a person has COVID-19, it could take them longer to develop symptoms than if they had flu. Typically, a person infected with the flu virus develops symptoms anywhere from 1 to 4 days after infection. For COVID typically, a person develops symptoms 5 days after being infected, but symptoms can appear as early as 2 days after infection or as late as 14 days after infection, and the time range can vary.

Know where to get a Flu Shot

Know Your Status: Diagnosis & Testing For COVID-19 & The Flu

November 12, 2020

It's possible to get both a flu infection and a COVID-19 infection at the same time because they are two different viruses. Flu season starts in October and runs through March.

For those with health insurance, flu shots are usually covered. They are available at drug stores and retail stores, as well as doctor offices.

- Visit the [CORE website](#) to see when free flu vaccinations are coming to a community near you
- Visit [Fulton County Board of Health's Immunization webpage](#) for more information on where to get a flu shot. [FREE flu shots](#) are also available to residents without insurance through the Fulton County Board of Health. Proof of income, family size and Fulton County residency are all required at time of appointment.