

*Disclaimer: this Qstream content is designed to help you deliver critical information related to the COVID-19 virus in a timely manner. The information referenced in this challenge is available in the public domain, collected from the Center for Disease Control (CDC) and World Health Organization (WHO) websites with links to the most current, up-to-date information. As the situation is changing quickly, it is imperative that all questions are reviewed thoroughly and cross-referenced against any additional local advice in your region*

# COVID-19: Know the Facts

Number of questions: 9

## Description



## Syllabus

**(Multi-correct answer): Q1: You can catch COVID-19 (coronav**



You can catch COVID-19 (coronavirus disease 2019) in which of the following ways?

**Select all answers that apply**

**Choices:**

- ✓ Finishing other people's drinks at a bar
- ✗ Eating foods that have been imported from China
- ✓ Touching your nose while washing the dishes of someone who has COVID-19 ✓
- Riding in an elevator with a coughing person who has COVID-19

**Explanation:**

*The information below is from the CDC website as of March 17 2020.*

► Please access this CDC site for updated information: [click here](#)

Current understanding about how the virus that causes coronavirus disease 2019 (COVID-19) spreads is largely based on what is known about similar coronaviruses. COVID-19 is a new disease and there is more to learn about how it spreads, the severity of illness it causes, and to what extent it may spread.

### **Person-to-person spread**

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet/ 180cm).
- Through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

### **Spread from contact with infected surfaces or objects**

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

### **Can someone spread the virus without being sick?**

People are thought to be most contagious when they are most symptomatic (the sickest).

Some spread might be possible before people show symptoms; there have been reports of this occurring with this new coronavirus, but this is not thought to be the main way the virus spreads.

*Additional Information from the World Health Organization (WHO): [click here](#)*

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**Question Topics:** Transmission

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## (Multi-correct answer): Q2: What can you do to protect your



What can you do to protect yourself from catching COVID-19?

Select all answers that apply

Choices:

- ✓ Clean hands with soap and water
- ✓ Avoid close contact with people who might be ill with COVID-19
- ✓ Clean and disinfect frequently touched objects
- ✗ Get the seasonal influenza vaccine

**Explanation:**

*The information below is from the CDC website as of March 17 2020.*

► Please access this CDC site for updated information: [click here](#)

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
  - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

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**Question Topics:** Transmission

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## **(Multi-correct answer): Q3: Symptoms of COVID-19**



According to the World Health Organisation (WHO), which of the following are symptoms of COVID-19?  
**Select all answers that apply**

**Choices:**

- ✓ Fever
- ✓ Dry Cough
- ✓ Tiredness
- ✓ Aches and pains
- ✓ Runny nose
- ✓ Diarrhea
- ✓ Nasal Congestion
- ✓ Sore throat

**Explanation:**

*The information below is from the WHO website as of March 17 2020.*

► *Please access this WHO site for updated information: [click here](#)*

The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell.

Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. People with fever, cough and difficulty breathing should seek medical attention.

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**Question Topics:** Symptoms

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## (Multiple Choice): Q4: You live in a neighborhood wher



You live in a neighborhood where people are beginning to come down with COVID-19. This morning, you wake with influenza-like symptoms. What should you do?

### Choices:

- Wear a mask to work
- Go immediately to a local health clinic to be tested for COVID-19
- Call 911
- Start taking an anti-viral medication like Tamiflu (oseltamivir)
- Stay at home
- Call in sick and go to the mall

### Explanation:

*The information below is from the CDC website as of March 17 2020.*

► Please access this CDC site for updated information: [click here](#)

### 10 Steps to help prevent the spread of COVID-19 if you are sick

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

#### 1) Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

#### 2) Separate yourself from other people and animals in your home

**People:** As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

**Animals:** You should restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people. Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people sick with COVID-19 limit contact with animals until more information is known about the virus. When possible, have another member of your household

care for your animals while you are sick. If you are sick with COVID-19, avoid contact with your pet, including petting, snuggling, being kissed or licked, and sharing food. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets and wear a facemask. See [COVID-19 and Animals](#) for more information.

### 3) Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

### 4) Wear a facemask

If you are unwell, you should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

### 5) Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

### 6) Clean your hands often

Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

### 7) Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

### 8) Clean all "high-touch" surfaces everyday

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

### 9) Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed. Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated selfmonitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

### 10) Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation

precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

*Additional Information from the World Health Organization (WHO): [click here](#)*

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**Question Topics:** Transmission

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## **(Multiple Choice): Q5: This morning, you were surfing**



This morning, you were surfing TripAdvisor and found the most amazing deal on a Caribbean cruise ship vacation in 2 weeks' time. This is exactly the vacation you wanted to go on, and it seems like they are practically giving it away.

According to the CDC, how should you proceed?

### **Choices:**

- Book the vacation but make sure to wear a copper wrist band
- Ask for advice on social media
- Ask your friends to join you so you are surrounded on the boat with healthy people.
- Book the vacation but make sure to get your flu vaccination before you go
- Do not go on this cruise-ship vacation at this time.

**Explanation:**

*The information below is from the CDC website as of March 17 2020.*

► *Please access this CDC site for updated information: [click here](#)*

**Key Points**

- **CDC recommends travelers, particularly those with underlying health issues, defer all cruise ship travel worldwide.**
- Sustained community spread of respiratory illness caused by COVID-19 has been reported in many countries.
- Cruise ship passengers are at increased risk of person-to-person spread of infectious diseases, including COVID-19.
- Older adults and travelers with underlying health issues should avoid situations that put them at increased risk for more severe disease. This entails avoiding crowded places, avoiding non-essential travel such as long plane trips, and especially avoiding embarking on cruise ships.

**Explanation of Incorrect Answers:**

- Book the vacation but make sure to wear a copper wrist band.
  - Copper has no activity against COVID-19....or much else
- Ask for advice on social media
  - You cannot always be sure of the accuracy of medical advice obtained on social media.
- Ask your friends to join you so you are surrounded on the boat with healthy people.
  - You do not want to get your friends sick.
- Book the vacation but make sure to get your flu vaccination before you go
  - The season flu vaccine does not help against COVID-19

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**Question Topics:** prevention

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**(Multi-correct answer): Q6: A healthy 25-year old female ha**

A healthy 25-year old female has a confirmed case of COVID-19. To reduce the risk of transmitting COVID19 to others, the CDC recommends that she wear a surgical mask when: **Select all answers that apply Choices:**

- ✓ Sharing common spaces with other household members
- ✓ In the waiting room of a medical clinic
- ✓ Riding in an elevator to the doctor's office
- ✓ Being driven to the hospital
- ✓ Breastfeeding her infant

**Explanation:**

*The information below is from the CDC website as of March 17 2020.*

► *Please access this CDC site for updated information: [click here](#)*

**Patients with COVID-19 should wear a facemask** when they are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office.

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**Question Topics:** prevention

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## (Multi-correct answer): Q7: In a child with flu-like symptom



In a **child** with flu-like symptoms, emergency warning signs that indicate that urgent medical attention is needed include which of the following?

**Select all answers that apply**

**Choices:**

- ✓ Fast breathing or trouble breathing
- ✓ Bluish or gray skin color
- ✓ Dehydration
- ✓ Persistent vomiting
- ✓ Chest pain
- ✗ Runny nose

**Explanation:**

*The information below is from the CDC website as of March 17 2020.*

► *Please access this CDC site for updated information: [click here](#)*

In children with flu-like symptoms (from COVID-19 or another disease), the emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish lips or face
- Ribs pulling in with each breath
- Chest pain
- Severe muscle pain (child refuses to walk)
- Dehydration (no urine for 8 hours, dry mouth, no tears when crying)
- Persistent vomiting
- Not alert or interacting when awake
- Seizures
- Fever above 104°F/ 40°C
- In children less than 12 weeks, any fever
-

- Fever or cough that improve but then return or worsen
- Worsening of chronic medical conditions

**These lists are not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.**

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**Question Topics:** Symptoms

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## (Multi-correct answer): Q8: In an adult with flu-like symp



In an **adult** with flu-like symptoms, what are the emergency warning signs that indicate that urgent medical attention is needed?

**Select all answers that apply**

**Choices:**

- ✓ Difficulty breathing or shortness of breath
- ✓ Pain or pressure in the chest or abdomen
- ✓ Persistent dizziness
- ✓ Seizures
- ✓ Severe weakness
- ✓ Fever that improves but then returns and worsens

**Explanation:**

*The information below is from the CDC website as of March 17 2020.*

► Please access this CDC site for updated information: [click here](#)

In adults with flu-like symptoms (from COVID-19 or another disease), the emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest or abdomen
- Persistent dizziness, confusion, inability to arouse
- Seizures
- Not urinating
- Severe muscle pain
- Severe weakness or unsteadiness
- Fever or cough that improve but then return or worsen
- Worsening of chronic medical conditions

**These lists are not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.**

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**Question Topics:** Symptoms

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**(Multiple Choice): Q10: Among the following persons, w**

Among the following persons, who should take anti-viral medication to treat COVID-19?

**Choices:**

- Really old folks (age >85)
- Old folks (age >65)
- Young folks (age <5)
- Really young folks (age 0-12 months)
- None of the above

**Explanation:**

*The information below is from the CDC website as of March 17 2020.*

► *Please access this CDC site for updated information: [click here](#)*

There is no specific antiviral treatment for COVID-19. There are currently no antiviral drugs recommended for COVID-19.

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**Question Topics:** prevention

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