

# FAQ for CREW

## What are some symptoms of COVID-19?

- Fever or Chills
- Cough
- Shortness of breath
- Fatigue
- Muscle or body aches
- Headache
- Sore Throat
- Congestion or runny nose
- New loss of taste or
- Nausea or vomiting
- Diarrhea

The most common symptoms of COVID-19 are fever, dry cough, and tiredness. Other symptoms that are less common and may affect some patients include aches and pains, nasal congestion, headache, conjunctivitis, sore throat, diarrhea, loss of taste or smell or a rash on skin or discoloration of fingers or toes. These symptoms are usually mild and begin gradually. Some people become infected but only have very mild symptoms.

Most people (about 80%) recover from the disease without needing hospital treatment. Around 1 out of every 5 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 and lung problems, diabetes, or cancer, are at higher risk of developing serious illness. However, anyone can catch COVID-19 and become seriously ill. People of all ages who experience fever and/or cough associated with difficulty breathing/shortness of breath, chest pain/pressure, or loss of speech or movement should seek medical attention immediately. If possible, it is recommended to call the health care provider or facility first, so the patient can be directed to the right clinic.

## **What are the early symptoms of COVID-19?**

The type and severity of the first symptoms can vary widely from person to person. Early symptoms reported by some people include fatigue, headache, sore throat or fever. Some people experience a loss of smell or taste. Symptoms can be mild at first, and in some people, become more intense over five to seven days.

## **How long is the incubation period for COVID-19?**

The “incubation period” means the time between catching the virus and beginning to have symptoms of the disease. It is believed that symptoms could appear as soon as two days after exposure or as long as 14 days later, most commonly around five days. These estimates will be updated as more data become available.

## **Who is most at risk for complications from COVID-19?**

People aged 65 years and older, and those with underlying medical problems like high blood pressure, heart and lung problems, diabetes are at higher risk of developing serious illness. Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications. People with severe obesity

## **Should I worry about COVID-19?**

Illness due to COVID-19 infection is generally mild, especially for children and young adults. However, it can cause serious illness: about 1 in every 5 people who catch it need hospital care. It is therefore quite normal for people to worry about how the COVID-19 outbreak will affect them and their loved ones.

## **How does COVID-19 spread?**

People usually catch COVID-19 from others who have the virus. The disease spreads primarily from person to person through small droplets from the nose or mouth, which are expelled when a person with COVID-19 coughs, sneezes, or speaks. People can catch COVID-19 if they breathe in these droplets from a person infected with the virus. This is why it is important to stay at least 2 meters (6 feet) away from others. As these droplets can land on objects and surfaces around the person such as tables, doorknobs and handrails, you can become infected by touching these objects or surfaces and then touch your eyes, nose or mouth. This is why it is important to wash your hands regularly with soap and water or clean with alcohol-based hand rub.

## **Is there asymptomatic transmission of the COVID-19 disease?**

COVID-19 is mainly spread through respiratory droplets expelled by someone who is coughing or has other symptoms such as fever or tiredness. Many people with COVID-19 experience only mild symptoms. This is particularly true in the early stages of the disease. It is possible to catch COVID-19 from someone who has just a mild cough and does not feel ill.

Some reports have indicated that people who are asymptomatic with no symptoms can transmit the virus. It is not yet known how often it happens. The World Health Association is assessing ongoing research on the topic and will continue to share updated findings.

## **Can someone who has had COVID-19 spread the illness to others?**

The virus that causes COVID-19 is spreading from person-to-person. People are thought to be most contagious when they are symptomatic (the sickest). That is why it is recommended that these patients be isolated either in the hospital or in the cabin. Someone who has been released from isolation is not considered to pose a risk of infection to others.

## **Can someone who has been quarantined for COVID19 spread the illness to others?**

Quarantines are for people or groups who don't have symptoms but were exposed to the sickness. A quarantine keeps them away from others, so they don't unknowingly infect anyone. For COVID-19, the period of quarantine is 14 days from the last date of exposure because the incubation period for this virus is 2 to 14 days. Someone who has been released from COVID-19 quarantine is not considered a risk for spreading the virus to others because they have not developed illness during the incubation period.

## **Can COVID-19 spread through drinking water?**

The virus has not been detected in drinking water. Conventional water treatment methods that use filtration and disinfection should remove or inactivate the virus.

## **How long does the virus survive on surfaces?**

The most important thing to know about coronavirus on surfaces is that they can easily be cleaned with common household disinfectants that will kill the virus. 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.

As, always clean your hands with an alcohol-based hand rub or wash them with soap and water. Avoid touching your eyes, mouth, or nose.

## **What is social distancing?**

Social distancing is a set of actions taken to stop or slow the spread of this highly contagious disease. The goal is to limit face to face contact to decrease the spread of the illness among people in community settings. This is why it is recommended to stay at least 2 meters (6 feet) away from others whenever possible.

## ■ What can I do to protect myself and prevent the spread of disease?

You can reduce your chances of being infected or spreading COVID-19 by taking some simple precautions:

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.
- Maintain 2-meters (6 feet) distance between yourself and anyone who is coughing or sneezing. Avoid touching eyes, nose and mouth. Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.
- Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately into a closed bin
- Stay in your cabin if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention. Follow the directions of your on-board medical team.

## ■ Should I use soap and water or hand sanitizer to protect against COVID-19?

Handwashing is one of the best ways to protect yourself and your family from getting sick. Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.

## **Does CDC recommend the use of facemask or face coverings for prevent COVID-19?**

In light of new data about how COVID-19 spreads, along with evidence of widespread COVID-19 illness in communities across the country, CDC recommends that people wear a cloth face covering to cover their nose and mouth in the community setting. This is an additional public health measure people should take to reduce the spread of COVID-19 in addition to (not instead of) social distancing, frequent hand cleaning and other everyday preventive actions. A cloth face covering is not intended to protect the wearer but may prevent the spread of virus from the wearer to others. This would be especially important in the event that someone is infected but does not have symptoms. A cloth face covering should be worn whenever people must go into public settings (grocery stores, for example). Medical masks and N-95 respirators are reserved for healthcare workers and other first responders, as recommended by current CDC guidance.

## **How to dispose of waste from COVID-19 ill persons?**

Waste produced during the isolation care of persons with suspected or confirmed COVID-19 should be disposed of as infectious waste.

## **Are there any medicines or therapies that can prevent or cure COVID-19?**

While some western, traditional or home remedies may provide comfort and alleviate symptoms of COVID-19, there is no evidence that current medicine can prevent or cure the disease. Self-medication with any medicines, including antibiotics, as a prevention or cure for COVID-19 is not recommended.

## **If I have recovered from COVID-19, will I be immune to it?**

CDC and partners are investigating to determine if you can get sick with COVID-19 more than once. At this time, we are not sure if you can become re-infected. Until we know more, continue to take steps to protect yourself and others.

## **Is there a vaccine, drug or treatment for COVID-19?**

Not yet. To date, there is no vaccine and no specific antiviral medicine to prevent or treat COVID-2019. However, those affected should receive care to relieve symptoms. People with serious illness should be hospitalized. Most patients recover thanks to supportive care. Possible vaccines and some specific drug treatments are under investigation. They are being tested through clinical trials

## **What is serology testing also known as COVID Rapid Test?**

Serology testing checks a sample of a person's blood to look for antibodies to the virus that causes COVID-19. These antibodies are produced when someone has been infected, so a positive result from this test indicates that person was previously infected with the virus. To tell if you are currently infected, you would need a test that identifies the virus in samples from your upper respiratory system, such as a nasopharyngeal swab that only be performed in a shoreside laboratory and is called a PCR test.

## **Below you can find more information on COVID-2019:**

- World Health Organizations (WHO):
  - <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>
- Learn more about how to protect yourself at
  - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
- United States Center for Disease Control (CDC):
  - <https://www.cdc.gov/coronavirus/2019-ncov/faq.html#Coronavirus-Disease-2019-Basic>