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CORONAVIRUS DISEASE 2019 CALLED COVID-19 AND LUPUS

Coronavirus is a group of different viruses that have a crown-like form (corona). Most types of corona virus cause colds (another virus, rhinovirus, is the most common cause of colds). However, recent years have seen epidemics with more serious infections in the form of SARS (Severe Acute Respiratory Syndrome) 2002-2003, MERS (Middle East Respiratory Syndrome) 2012 and in December 2019, an epidemic started from the city Wuhan in China with the virus covid-19, also called the 2019 nCoV or the Wuhan virus.

People with lupus are predisposed (at greater risk) to infections because of both their disease as well as the medications they take to manage it. Given that people with lupus are at higher risk for a number of types of infections, including viruses, it is only natural to be concerned about the coronavirus.

The Centers for Disease Control and Prevention (CDC) is closely watching the coronavirus both internationally and here in the U.S., while the risk of widespread infection continues to be low in the U.S., It is important for you to look after your health and keep your risk of infection low.

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:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.
- CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
- Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).
- 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.

These are everyday habits that can help prevent the spread of several viruses.

Lupus warriors who think they may have been exposed to COVID-19 should contact their healthcare provider immediately.



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COVID-19
CORONAVIRUS

VS

INFLUENZA



WHAT IS A "CORONAVIRUS"?

According to the World Health Organization, a coronavirus is a type of virus that is transmitted from animals to humans. When a new strain first infects humans, it is known as a "novel coronavirus." Other famous illnesses caused by coronaviruses include Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS). COVID-19, first discovered in 2019, is a novel coronavirus.

HOW IS THE FLU DIFFERENT?

Both COVID-19 and the flu cause similar symptoms, but the flu is caused by different strains of influenza viruses, whereas COVID-19 is caused by a single virus. The biggest difference between the two seems to be that COVID-19 may be able to be transmitted through cold air, even after the ill person is no longer near. The flu, on the other hand, typically requires closer contact, through a sneeze or talking.

COMMON SYMPTOMS

COVID-19

- ✓ Fever
- ✓ Cough
- ✓ Shortness of Breath

INFLUENZA

- ✓ Fever
- ✓ Chills
- ✓ Cough
- ✓ Sore Throat
- ✓ Runny/Stuffy Nose
- ✓ Muscle/Body Aches
- ✓ Headaches
- ✓ Fatigue
- ✓ Vomiting/
- ✓ Diarrhea

NUMBER OF ILLNESSES*

COVID-19

87 THOUSAND
Globally. About 50 total confirmed cases in the United States.

INFLUENZA

1 BILLION
Globally. About 35 million in the United States alone.

*Between October 1, 2019 and March 1, 2020

DEATHS CAUSED*

COVID-19

3,977

*Globally between October 1, 2019 and March 1, 2020. Influenza estimate is a global average each year.

INFLUENZA

291,000 - 646,000

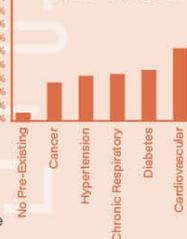
DEATH RATE BY FACTOR*

COVID-19



*Numbers come from the WHO-China Joint Mission, published on Feb. 28, 2020. Deaths appear to come largely from elderly and people with pre-existing medical conditions.

PRE-EXISTING CONDITION



SUMMARY

While scientists are racing to learn more about this novel coronavirus, most indications are that the flu continues to be a far greater threat than COVID-19. Still, COVID-19 does appear to have a higher death rate overall and it is recommended to avoid making yourself vulnerable to the disease. It appears that the best way to stay safe from COVID-19 is to wash hands with soap and warm water regularly, limit contact with infected persons, and cough into crook of your elbow to decrease risk of transmission.

Icons from Freepik via Flaticon.com

REFERENCES

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WHICH IS WHY IT IS ALSO
GOOD TO FOLLOW THESE

5

PRECAUTIONS

1 DO NOT TOUCH YOUR FACE.
(OR ANYONE ELSE'S FACE.)

IF YOU HAVE TO, WASH YOUR HANDS
WITH SOAP THOROUGHLY FIRST.



@weimankow

WHAT IS THOROUGHLY?



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2 THROW AWAY MASKS ONCE
THEY FEEL GROSS, DON'T
WEAR THEM FOR MORE THAN
A DAY!

*BACTERIA
GROWS ON THE
INSIDES OF
YOUR MASK IF
YOU WEAR THEM
TOO LONG

ALSO, DON'T TOUCH
THE OUTSIDE OF
THE MASK IF YOU
CAN.

IF YOU DID,
DON'T WORRY,
JUST WASH
YOUR HANDS
WITH SOAP AFTER



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3 DO NOT SHARE FOOD,
UTENSILS, CUPS, TOWELS.



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4 OPEN & CLOSE DOORS WITH YOUR ELBOWS OR SHOULDERS INSTEAD OF HANDS, IF POSSIBLE.



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AND FINALLY,
5 ALWAYS WASH YOUR HANDS WITH SOAP ...



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HOW TO SURVIVE CORONAVIRUS ANXIETY: 8 TIPS FROM MENTAL HEALTH EXPERTS

From <https://www.today.com/health/how-survive-coronavirus-anxiety-8-tips-mental-health-experts-t175092#anchor-1Takeamediabreak>

The best treatment for anxiety is often positive action, here are some simple steps you can take right now to feel better:

1. Take a media break

Don't immerse yourself in news about the coronavirus 24/7. "You have to stop scouring social media and the internet for the latest twists and turns," Klapow advised. Stay up to date using trusted sources, like the website of the Centers for Disease Control and Prevention, then step away.

2. Wash your hands frequently

It's something that will actually lower your risk of getting sick. Learn how to do it properly: for a full 20 seconds using warm water and soap. "It's quite incredible how helpful that is," Harding noted.

3. Practice good self-care

Get plenty of nutrients by eating fruits and vegetables, exercise regularly and get enough sleep. "We know that sleep has a direct impact on the immune system. So you can take all the vitamin C you want, but if you're sleep deprived, your immune system is compromised," Klapow noted.

"Although those things seem very benign — they don't seem as potent as putting on a face mask — they are things all of us can do to stay as healthy and as infection-free as possible."

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4. Take sensible steps to prepare

There's definitely reason to take precaution, so being adequately prepared will provide peace of mind. Ready.gov, the government's website, has concrete tips, like storing a two-week supply of water and food.

5. Go for a walk outside

Time spent in nature is soothing for the mind and body. Sunlight may lower your blood pressure, research has found. "If you can, get a little sunshine during your day. Take a stroll. Take a deep breath," Harding suggested.

6. Acknowledge your anxiety

It's generally unhelpful to tell a highly-anxious person to just stop feeling anxious, Harding said. Instead — whether it's coronavirus or another panic-provoking situation — it's useful to just acknowledge the anxiety and work through it. "Name it to tame it" is a mantra in mental health for big emotions, she noted.

7. Write down your worries

Seeing the words on paper or on a screen may stop you from spinning yourself into a frenzy.

"What are you catastrophizing? Write down the things you find yourself thinking and reflect on them. Challenge your own thinking to get it more in balance and reasonable," Benton said.

8. Send a little love to people who you care about

Put together a text message chain or email chain with family on it — that way you can have it set up before it feels like an emergency situation and easily communicate with your loved ones. "We're definitely not in this alone," Harding said.