

Volume 1 | Issue
5
Tue July 21

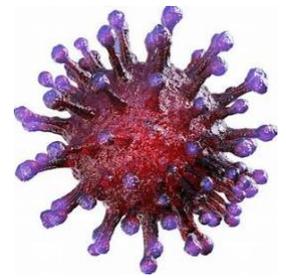
Indians Sports Medicine: The Shaman

*No act of kindness,
however small, is ever
wasted.*
~Aesop

COVID-19, What?

What's the hype about COVID-19?

COVID 19 is a type of coronavirus. Coronaviruses are a family of viruses that can cause illnesses such as the common cold or severe acute respiratory syndrome (SARS). In 2019, a new coronavirus was identified as the cause of a disease outbreak.



The virus is now known as the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). The disease it causes is called coronavirus disease 2019 (COVID-19). In March 2020, the World Health Organization (WHO) declared the COVID-19 outbreak a pandemic.

Unfortunately, COVID-19 is spread easily through close contact from person to person (within 6 feet). Through droplet transmission, which means coughing, sneezing, or talking. It may also be possible to spread the virus by touching something that the virus has come in to contact with as wellⁱⁱ.

What's the best way to protect myself?

I'm sure by now you've heard it a thousand times, but it never hurts to hear it again. The best ways to protect yourself are as followsⁱⁱⁱ.



- Wash your hands often with soap and hot water for at least 20 seconds. If you cannot wash your hands, make sure you are using a hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Practice social distancing whenever possible. Wear a face covering in public when social distancing may not be able to be practiced.

The best prevention is to be aware of your surroundings and to make wise and safe decisions.

IF you DO develop symptoms...

If you feel sick or develop any of the following symptoms, it's important that you self-quarantine or get tested right away.

*Always be a little
kinder than
necessary.*

~J. M. Barrie

- Fever (above 100.4°)
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list is changing and fluid, but a good start.

Remember

If you have ANY questions injury/stretching/strengthening, shoot us an email at phsportsmedicine@portage.k12.in.us or on Twitter @IndiansATCs. Stay safe and healthy!

i <https://www.mayoclinic.org/diseases-conditions/coronavirus/symptoms-causes/syc-20479963>

ii <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>

iii <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>