

HOW DO YOU PRACTICE SOCIAL DISTANCING?

Local and national officials are advising anyone who can stay home to do so. Many restaurants and businesses are temporarily closed, and schools across Missouri have been canceled. Even those who aren't considered vulnerable to the virus are advised to stay home, as the spread of the virus will only slow down if the majority of people distance themselves from one another.

WHAT ARE THE SYMPTOMS?

The most common COVID-19 symptoms are fever, coughing and shortness of breath. Symptoms can be mild to severe and can show up two to 14 days after catching the virus. Flu symptoms typically show up one to four days after. (Source: CDC and WHO)

WHY IS THIS DIFFERENT FROM THE FLU?

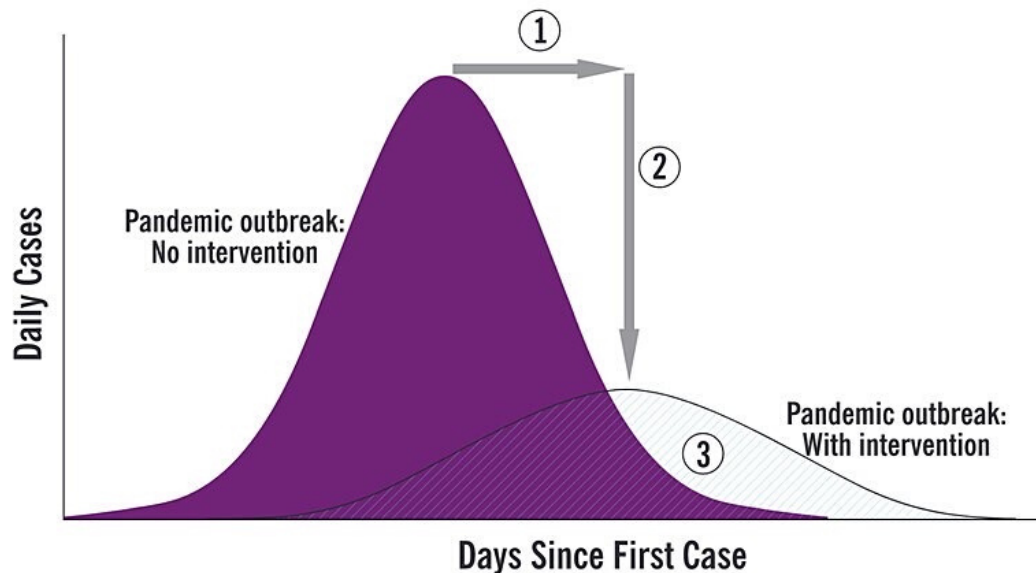
It's easier to catch, takes longer to show up, and has a higher mortality rate. The CDC says the virus is mainly spread when an infected person coughs or sneezes in close contact (within about 6 feet), but people can also get it by touching something that has the virus on it and then touching their own face, although that is not thought to be the main way it spreads. Seasonal flu spreads in a similar way, although it only spreads around 3.3 feet (1 meter), according to WHO.

HOW CAN YOU LIMIT THE SPREAD OF GERMS?

The biggest CDC recommendation other than social distancing is to wash your hands often with water and soap for at least 20 seconds. You can also disinfect frequently used objects, cover your coughs and sneezes with a tissue (and then throw it away), and avoid touching your face. It's also always good practice to avoid close contact with people who are sick.

FLATTEN THE CURVE

Why are we taking such extreme precautions like closing schools, restaurants and working from home?



WHAT DOES “FLATTEN THE CURVE” MEAN?

The purple curve represents how many people will be infected with the virus at the same time without precautions. That curve is higher than what our health care infrastructure can handle at once. The hope is that by social distancing, we can achieve something that looks more like the flattened black and white curve — fewer cases over a longer period of time, something our health care system can manage.

WHAT IS SOCIAL DISTANCING?

The CDC defines social distancing as "remaining out of congregate settings, avoiding mass gatherings and maintaining distance (approximately 6 feet) from others when possible." It's intended to slow the spread of the virus so the health care system isn't inundated with cases.