

# YOUR CORONAVIRUS HANDBOOK

**All the facts.  
Easy to read.  
Completely free.**

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# INTRODUCTION

Thank you for picking up **Your Handbook to Coronavirus!**

You've taken a solid step towards becoming more aware and more prepared to face the current pandemic of COVID-19.

We know that there's a lot of information from a lot of different sources, and it's all coming at you very fast. This handbook distills the most important coronavirus information into an easy-to-read magazine. You don't need a medical degree to understand the basics of keeping yourself healthy.

The information in this handbook is accurate as of Sept. 5, 2020.



**In a time of crisis, everyone should have access to reliable health information.**

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# WHAT IS CORONAVIRUS?

“Coronavirus” is the name of a category of viruses<sup>1</sup>.

A coronavirus has an internal sphere of virus material covered by a protective layer, which is then covered by spikes made of protein.

“Corona” refers to the crown-like appearance of these spikes.

The virus causing trouble in 2020 is SARS-CoV-2, a newly discovered (or novel) type. It is in the same family as the SARS virus that caused the outbreak in 2003.

SARS-CoV-2 is the name of the virus, while COVID-19 is the name of the disease it causes<sup>2</sup>. Think of it like HIV (virus) and AIDS (resulting condition). Most people just call the whole package “coronavirus.”

The surface of the coronavirus particle is covered with flared stalks called “spike glycoproteins.”<sup>3</sup>

The virus seeks out cells that make protein ACE2. Then, spike glycoproteins latch onto your protein receptors and hijack normal cell behavior. Instead of making more ACE2 protein, an infected cell makes more copies of the corona-

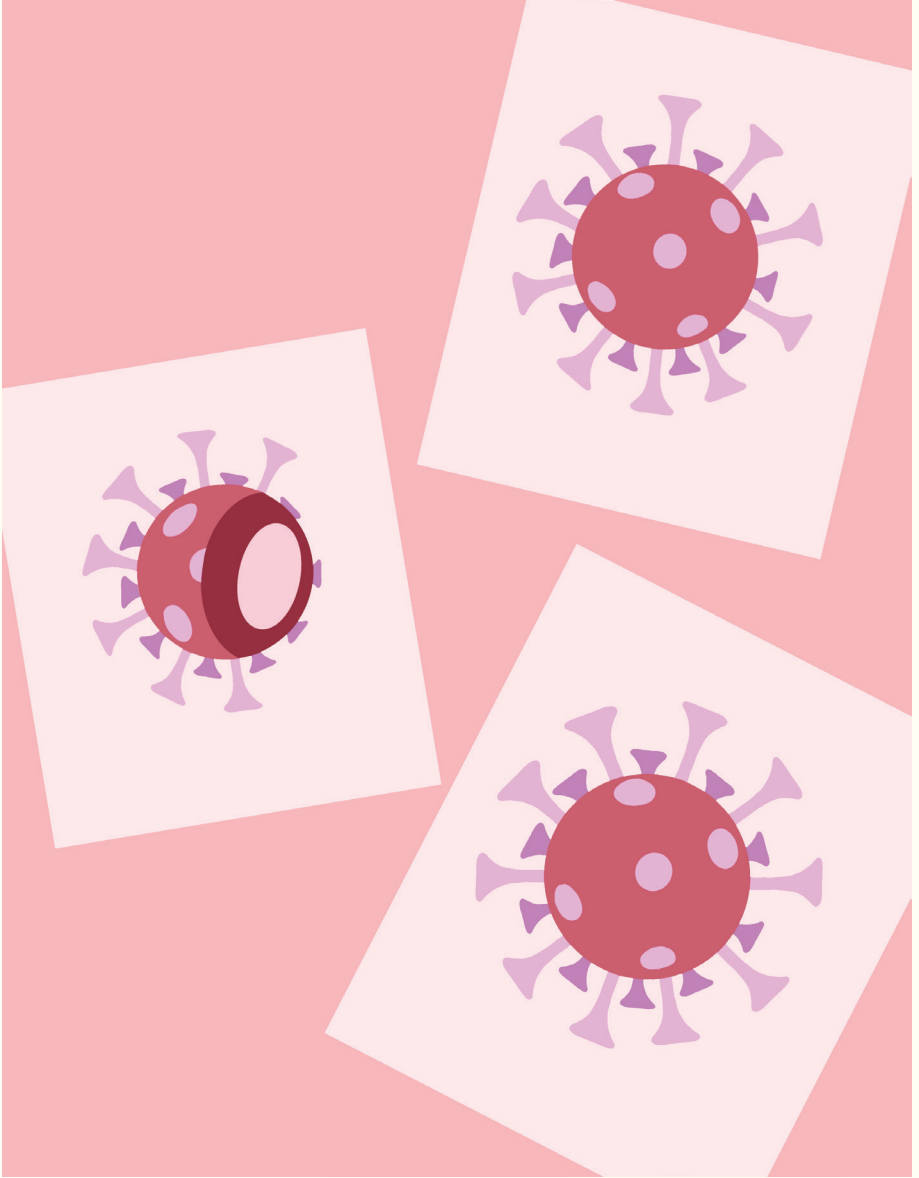
virus and releases it into your body. The cells that make ACE2 proteins are found in the lungs, heart, kidneys, and intestines<sup>4</sup>.

This is why COVID-19 largely affects the lungs. It can only attack certain kinds of cells, and lungs are the easiest to access. You don’t breathe into your kidneys.

There’s no blood test because coronavirus is not found in blood. Instead, doctors test swabs of your nose, throat, and coughed-up phlegm (or sputum)<sup>5</sup>. Because coronavirus attacks only certain cells, you might have different levels of virus concentration within your body. It’s possible to falsely test negative for coronavirus if your sample was taken from your nose and the virus was hiding out deep in your lungs<sup>6</sup>.

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## AN ARTISTIC ILLUSTRATION OF CORONAVIRUS PARTICLES

A NOTE ON SOURCES: SOMETIMES, IT IS NOT POSSIBLE TO FIT THE ENTIRE LINK ON ONE LINE. WHEN EXTRA HYPHENS ARE ADDED TO THE LINK, IT MAY APPEAR BROKEN. IF YOU ENCOUNTER THIS ISSUE, REMOVE ANY HYPHENS THAT APPEAR IN THE MIDDLE OF WORDS (PA-TIENT, CORO-NAVIRUS). IF YOU NEED MORE HELP FINDING THE ORIGINAL SOURCES, [WWW.YOURCORONAVIRUSHANDBOOK.COM](http://WWW.YOURCORONAVIRUSHANDBOOK.COM) HAS A PAGE OF A CITATIONS WITH THE FULL, INTACT LINKS.

## WHAT MAKES THIS VIRUS DIFFERENT?

Coronavirus is different from both influenzavirus (which causes flu) and rhinovirus (the virus responsible for many cases of the common cold).

A rhinovirus particle (or virion) is about 30 nanometers across<sup>1</sup>. The influenza virion is much bigger at 80 - 120 nanometers across<sup>2</sup>. But the coronavirus particle is even bigger at 120 - 160 nanometers across<sup>3</sup>. Plus, they all have different methods of attacking your body.

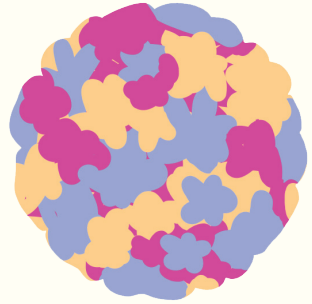


ILLUSTRATION OF A RHINOVIRUS PARTICLE.

Coronavirus and influenzavirus are both covered in stalk-like protrusions. These stalks are “keys” that open doors in the same lung “neighborhood,” but they lead to different places.

Coronavirus enters through ACE2 protein receptors<sup>4</sup>, while influenzavirus enters sialic acid receptors. Practically speaking, the receptor names are not important to remember. They simply illustrate that coronavirus and influenzavirus are different viruses, with different internal targets.

## THE CORONAVIRUS IS NOT A “STRONGER VERSION” OF THE FLU, SIMILAR TO HOW YOUR FOURTH COUSIN IS NOT A “STRONGER VERSION” OF YOU.

The novelty of the coronavirus may make it more dangerous. Various forms of the flu and the common cold have been circulating for centuries. Flu vaccines, plus prior experience with the flu, means that your body has a blueprint for fighting off the illness. With coronavirus, your body has to start from scratch.

We are still learning about coronavirus and who is vulnerable. People with certain pre-existing conditions are more vulnerable. But many seemingly healthy people have also struggled to fight off the virus. **Staying at home is key for everyone**, since you don’t (and can’t) know how your body will react to this new type of threat.

Coronavirus may spread more quickly and easily than the flu. The average person with the flu infects 1.3 other people. The average person with coronavirus infects 2.2 others<sup>5</sup>. This number may be slightly high because the first people with coronavirus did not know to take proper isolation precautions. But it illustrates that unchecked coronavirus spreads rapidly throughout a population.

**The most effective method of fighting coronavirus is preventing infection in the first place. Wearing masks is the number one defense.** Staying away from others, hand-washing, and disinfecting are also key components..

As of Sept. 5, 2020, we don't have any medication that fights the virus once it's inside your body. Instead, treatment focuses on relieving symptoms, like using ibuprofen to reduce fever or respiratory assistance to improve breathing<sup>6</sup>. Several vaccines are in development, but none are approved for full use yet<sup>7</sup>.

Even if only 5% of coronavirus patients need intensive care, hospitals are not equipped to care for such a big influx of patients. Ventilation machines (to help virus-damaged lungs) are in short supply. The same machines are also needed for stroke victims, car accident survivors, people with other infections, and anyone else with trouble breathing on their own<sup>8</sup>.

Plus, **healthcare workers are as vulnerable to the virus as the rest of the population**, maybe more so. They have no immunity, either. And being in constant contact with coronavirus patients contributes to a higher viral load. Working long hours to care for extra patients increases stress while impacting sleep. In fact, one of the first coronavirus deaths was Li Wenliang, a young doctor working in Wuhan<sup>9</sup>. Hospitals can become quickly overwhelmed if coronavirus sweeps through medical staff and patients.

But let's stay realistic. **Coronavirus is not a zombie plague.** It won't make you vomit black blood; it doesn't have a 90% fatality rate<sup>10</sup>. But coronavirus does have a bunch of small issues that could quickly add up into bigger problems unless communities work together to stop its spread.

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# HOW DOES IT SPREAD?

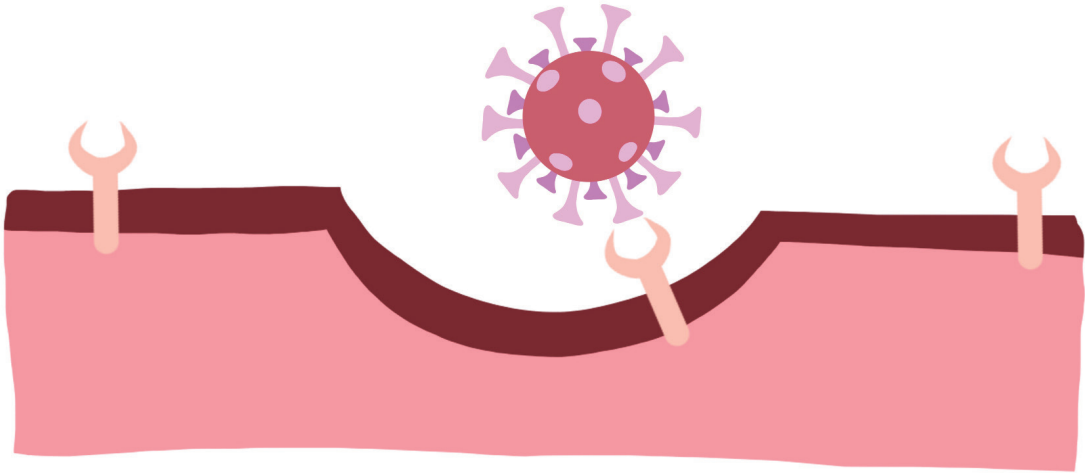


ILLUSTRATION OF A CORONAVIRUS PARTICLE ATTACHING TO A CELL

You may have read conflicting information about how long coronavirus can survive outside the body, on different surfaces and at different temperatures. The confusion comes from the fact that we haven't seen this virus before. We simply don't know yet.

Consider this: we have books on smallpox that were written in 1800. The first article<sup>1</sup> about SARS-CoV-2 came out in December 2019.

SARS-CoV-2 is a completely new member of the coronavirus family, and researchers are still finding out how it works. The information in this handbook has been collected from reliable sources and is up-to-date as of March 23, 2020. Please check reputable websites (like the WHO and CDC) regularly as scientific data is virtually guaranteed to evolve and improve in the coming months.

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# TRANSMISSION METHODS

## 1. CONTACT WITH AN INFECTED PERSON

It is recommended to stay at least 6 feet away from others<sup>1</sup> (though one source says the minimum safe distance is 15 feet<sup>2</sup>). There is a lot of evidence that shows infected people spread the virus through coughing out small droplets that contain the virus.

Virus particles travel through the air in droplets too small to be seen by the human eye. The first type of droplet is heavier than air and quickly falls to the floor or other surfaces, potentially contaminating those surfaces.

The second type of droplet (aerosol) is extremely tiny and has more hang-time in the air. Coronavirus definitely travels in droplets, but it's unknown whether it also travels in floating aerosols<sup>3</sup>.

An infected person may spread the virus before they start to feel sick. It is less likely to spread the virus if you are not actively ill, but it is still possible<sup>4</sup>.

**You cannot tell from looking if someone has coronavirus or is shedding coronavirus particles.**

Staying away from other people is the first line of defense against coronavirus. If you have to get within 15 feet of people who do not live in your household, **you must wear a mask.**

Consider the possibility that **you** might be the one who is shedding virus particles without feeling symptoms. Wearing a mask protects you from both inhaling and exhaling coronavirus particles<sup>5</sup>.

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5. [HTTPS://WWW.UMMS.ORG/CORONAVIRUS/WHAT-TO-KNOW/MASKS/WEARING-MASK](https://www.umms.org/coronavirus/what-to-know/masks/wearing-mask)

## 2. CONTACT WITH AN INFECTED SURFACE

Several sources have shown that the virus can live outside the body on cloth, metal, wood, plastic, and other surfaces. Right now, estimates range from two hours to three days<sup>1</sup>. But scientists are not sure how long coronavirus can survive on any given surface<sup>2</sup>.

It is not important to debate whether the virus can live for three hours on metal or seven hours on cardboard. **You should act under the assumption that the virus can live for a day on any kind of surface**, in any kind of temperature and humidity level.

The good news is that coronavirus cannot be absorbed solely through your skin. Rather, you must touch a mucosal membrane like your eyes, mouth, or nose<sup>3</sup> before the virus can take root in your body.

The bad news is that you likely touch your face several times a day (or an hour) without realizing it. If you have recently gone out in public, your hands should be considered an infected surface and sanitized according to CDC handwashing guidelines<sup>4</sup>.

If you suspect a material surface may have virus particles, you should disinfect it immediately with an approved cleaner<sup>5</sup>. High-traffic areas in your house or living facility should be cleaned at least once a day<sup>6</sup>.

Use caution when touching high-traffic objects in public, like door handles, gas pumps, hand railings, elevator buttons, and other daily objects. Disinfect your hands after, and consider using a multi-tool to handle some of these tasks for you<sup>7</sup>. No, a copper tool won't miraculously kill coronavirus particles for you, but it can be an extra layer of safety for people who live or work closely with others.

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# TRANSMISSION LIKELINESS

## HIGH-RISK ACTIVITIES: INFECTION POSSIBLE AND LIKELY

- Being in extremely close contact with a sick person without wearing masks

- Touching a surface right after it was touched by an actively ill person, then touching your own face and mouth

- Standing at minimum safe distance (6 feet) from an actively ill person without wearing masks

- Being in extremely close contact with someone during the incubation phase

- Touching a surface right after it was touched by someone incubating the virus, then touching your face

- Standing at least six feet from others while all parties wear properly fitting masks

- Touching a surface several days after it was touched by an actively ill person, then touching your face

## LOW-RISK ACTIVITIES: INFECTION UNLIKELY BUT PERHAPS POSSIBLE

- Touching a surface several days after it was touched by someone incubating the virus, then touching your face

### SOURCES FOR THIS SECTION:

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# CORONAVIRUS SYMPTOMS

## INCUBATION PERIOD

The virus incubates for 2 to 14 days before you show any symptoms. Most people start to show symptoms about 5 days in. If your symptoms get too severe to manage at home, no matter the underlying cause, seek emergency help.

## COMMON SYMPTOMS OF COVID-19<sup>1</sup>

- Cough
- Fever
- Breathing issues (shortness of breath)
- General feelings of malaise and weakness<sup>2</sup>
- Runny nose
- Diarrhea
- Inability to smell<sup>3</sup>

These symptoms are in order of how frequently they show up with coronavirus. **The three top “Trifecta” symptoms (cough, fever, and breathing troubles) are present in the vast majority of coronavirus cases.** These are also the most dangerous symptoms, as a high fever or breathing problems can be fatal. The other symptoms are uncomfortable, but not usually dangerous.

Based on new research, other symptoms like diarrhea and loss of smell may be more common than originally thought. If you suddenly lose the ability to smell, you should isolate for a week as a precaution<sup>4</sup>.

People with milder cases can recover at home<sup>5</sup>. It is still extremely important to practice isolating even if your case of coronavirus feels like a regular cold. We need to stop the spread of the virus in every way possible. If you are feeling sick in any way, stay at home to protect yourself and others.

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## WHEN TO SEEK HELP

For most infected people, COVID-19 symptoms will be uncomfortable, but not dangerous<sup>1</sup>. **Seek help immediately if you have these “Dangerous Trifecta” symptoms** (a more severe version of “Trifecta” symptoms):

- Struggling to catch your breath (a suffocating feeling)
- Fever over 103 F
- Mental confusion

## VULNERABLE POPULATIONS<sup>2</sup>

You will likely have a harder time overcoming the virus if you have one or more of the following characteristics:

- 60 years old or older
- Compromised immune system due to AIDS, immunosuppressing drugs, or other immune-related conditions
- Cardiovascular disease
- Diabetes
- Hypertension
- Cancer
- Chronic respiratory diseases<sup>3</sup> such as COPD, asthma, or pulmonary hypertension
- Impaired lung function due to smoking, juuling, vaping<sup>4</sup>, or living in areas with heavy air pollution
- A history of complications while fighting other infections like strep throat, the flu, and regular colds

**If you have a dry cough, fever, and one of the characteristics above, seek medical help immediately. Do not wait for symptoms to worsen<sup>5</sup>.**

COVID-19 affects people differently. Some people may barely notice that they are sick. Meanwhile, others may find themselves laid up in bed for two weeks, even if they are stable and their case is not severe enough to go to a hospital.

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# FIRST-SYMPTOM FACT-CHECK

## IF YOUR FIRST SYMPTOM IS... IT IS LIKELY...

<b>RUNNY NOSE</b>	<ul style="list-style-type: none"> <li>• A cold or seasonal allergies. Runny nose is an uncommon but possible symptom of coronavirus<sup>1</sup>.</li> </ul>
<b>SUDDEN FEVER OR CHILLS</b>	<ul style="list-style-type: none"> <li>• The flu. Flu has a rapid onset while COVID-19 symptoms develop more slowly over time<sup>2</sup>.</li> </ul>
<b>SNEEZING AND ITCHING</b>	<ul style="list-style-type: none"> <li>• Seasonal allergies. Coronavirus does not cause allergy-type symptoms like red, watering eyes, constant sneezing, or skin rashes.</li> </ul>
<b>DIARRHEA</b>	<ul style="list-style-type: none"> <li>• From stress or changes in your eating habits. Diarrhea may be a symptom of coronavirus, but it is also a symptom of many other, simpler issues</li> </ul>
<b>HEADACHE</b>	<ul style="list-style-type: none"> <li>• Stress, tension, or just a headache.</li> </ul>
<b>SLIGHT FEVER WITH NO OTHER SYMPTOMS</b>	<ul style="list-style-type: none"> <li>• The flu or another infection like strep throat. Fever is a common sign of infection. What sets coronavirus apart is the breathing issues.</li> </ul>
<b>SORE THROAT</b>	<ul style="list-style-type: none"> <li>• A cold, a flu, or another infection like strep throat. Coronavirus does not start with a sore throat.</li> </ul>
<b>SLIGHT FEVER WITH DRY COUGH</b>	<ul style="list-style-type: none"> <li>• Potentially coronavirus. Try to recover at home at home first, then seek medical help if you cannot deal with the illness by yourself.</li> </ul>

If you are severely struggling with any symptom, please call your doctor. For example, diarrhea is normally fine to wait out at home, but dehydration can become a concern with extreme, long-lasting diarrhea<sup>4</sup>.

### SOURCES FOR THIS SECTION:

1. [HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/HCP/CLINICAL-GUIDANCE-MANAGEMENT-PATIENTS.HTML](https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-guidance-management-patients.html)
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# HOW TO SEEK MEDICAL ATTENTION FOR CORONAVIRUS

## If you are experiencing severe coronavirus symptoms...

- Call your local emergency medical services<sup>1</sup>
- Describe your symptoms in detail and explain that you think you have coronavirus<sup>2</sup>
- Explain why you can no longer stay at home to recover
- Give the medical facility time to prepare for your arrival. (The staff may need to suit up with proper breathing protection and eyewear<sup>3</sup>.)
- Wear a face mask while in the waiting area to prevent coughing on others.
- Bring tissues or paper towels to cover your cough.
- Understand that your local medical facility is dealing with an epidemic on top of daily injuries, accidents, and care.
- You may have longer waits or less privacy than normal.

**Please stay patient and calm while waiting for care.**

#### SOURCES FOR THIS SECTION:

1. [HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/ABOUT/STEPS-WHEN-SICK.HTML](https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html)
2. [HTTPS://WWW.BUSINESSINSIDER.COM/WHAT-TO-DO-IF-YOU-THINK-YOU-HAVE-WUHAN-CORONAVIRUS-2020-2](https://www.businessinsider.com/what-to-do-if-you-think-you-have-wuhan-coronavirus-2020-2)
3. [HTTPS://WWW.ASAHQ.ORG/ABOUT-ASA/GOVERNANCE-AND-COMMITTEES/ASA-COMMITTEES/COMMITTEE-ON-OCCUPATIONAL-HEALTH/CORONAVIRUS](https://www.asahq.org/about-asa/governance-and-committees/asa-committees/committee-on-occupational-health/coronavirus)

# WHEN NOT TO SEEK MEDICAL ATTENTION FOR CORONAVIRUS

Knowing when to stay home may be even more important than knowing when to head to the hospital.

Prevent overburdening your local medical facilities.

## **AVOID GOING TO THE HOSPITAL IF...**

- You are feeling unhappy or uncomfortable with your symptoms, but you are not in immediate danger. If you are not experiencing the Dangerous Trifecta and have no preexisting conditions, the hospital can't offer more than fluids, ibuprofen, and OTC cold medicines.
- You have no symptoms but want a coronavirus test “just to see” what happens.
- You want to ask a doctor a question about coronavirus.
- You want to see how busy the hospital is or get an inside look at “what is really happening” with coronavirus.
- You have a family member in the hospital who cannot see visitors. Normally, it's fine for families to “camp out” in hospital waiting rooms while their loved one is unconscious, in surgery, or giving birth. As a healthy person, you should NOT expect to spend extensive time in hospital waiting rooms during a coronavirus outbreak. Depending on how the virus hits your area, different wards may be converted to coronavirus treatment areas.
- You have a known medical issue that you can manage at home.

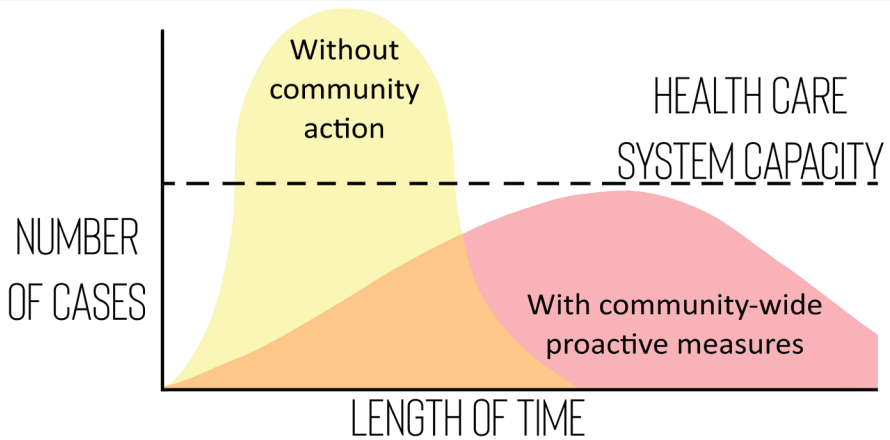
**IF YOU HAVE A GENUINE MEDICAL EMERGENCY, SEEK HELP REGARDLESS OF YOUR CORONAVIRUS STATUS.**



# FLATTENING THE CURVE

You may have heard the term “flattening the curve” in news reports about coronavirus. This phrase describes a very simple concept:

If too many people get too sick too quickly, they will not be able to receive treatment. The coronavirus is manageable only if we can slow the rate of infection to a timeline of months, not weeks.



Medical facilities are limited. There are only a certain number of doctors, nurses, beds, and specialized machinery. The treatment options for coronavirus are also very limited and involve these main parts:

- Chest CT scans to look for lung damage<sup>1</sup>
- High-flow oxygen therapy to improve breathing
- Mechanical ventilation for intensive breathing support

Only one person can use these devices at a time. In other words, if the ward is too crowded, you have to wait your turn.

Flattening the curve<sup>2</sup> is key to making sure your local medical facilities can treat one person before moving onto the next. Too many patients coming into the ER too quickly will look like the chocolate factory episode of *I Love Lucy*, but with much more serious results.

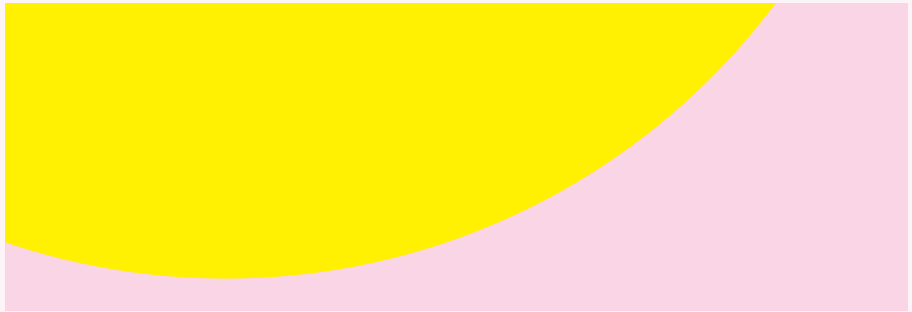
SOURCES FOR THIS SECTION:

1. [HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/HCP/CLINICAL-GUIDANCE-MANAGEMENT-PATIENTS.HTML](https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-guidance-management-patients.html)
2. [HTTPS://WWW.FLATTENTHECURVE.COM/](https://www.flattenthecurve.com/)

# KEEPING EVERYONE HOME

In a perfect world, everyone would have a safe home to shelter in. If you have a spare room or bed, please consider opening your space to your friends, family, and loved ones who are...

- Homeless or living in a shelter without a guaranteed bed from one day to the next
- Living with abusive partners or family
- Unable to return home due to a hostile family situation or unstable living situation
- Students recently kicked out of their dorms
- Vulnerable to the coronavirus and living in a situation which makes them more likely to catch it
- Dealing with precarious financial situations who may lose their home in the next month
- Trapped by surprise in their current location due to travel bans
- Unable to stock up food and necessary supplies on their own
- Without internet access at home and unable to keep up with work, school, or responsibilities that have moved online
- In any way unsure of their housing situation or ability to manage independently



## WHO SHOULD KEEP WORKING?

In an ideal situation, the only people who would leave home to work during community-wide lockdowns would be those who provide essential goods or services.

For coronavirus, essential goods are considered food, water, medication, general medical supplies, and coronavirus-specific medical supplies like oxygen canisters and intubation equipment.

People who work in factories making these items, or are involved in the shipping of these items, would ideally continue working as long as they are not part of the vulnerable populations.

Essential services includes both people who are responding to medical emergencies (like EMTS) and those who are trained to respond to expected emergencies (like fire-

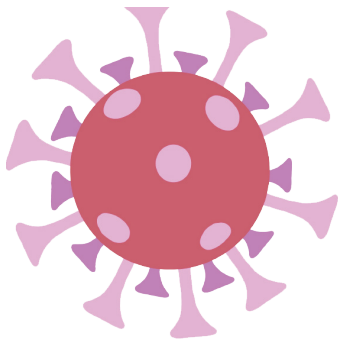
fighters). Other essential facilities include pharmacies, grocery stores, transportation/delivery services, banking services, and utilities.

Recreational facilities like gyms and restaurants should close to protect their customers and communities.

It is important to realize that the people in customer-service jobs are people, too. Your bus driver is a person. Your supermarket cashier is a person. Your nurse is a person.

When you order a package from Amazon or you get food delivered during quarantine, you're not eliminating the risk. You're passing it on to someone else—someone who may be more vulnerable to coronavirus. Don't make someone face the virus for you unless it is an absolute emergency.

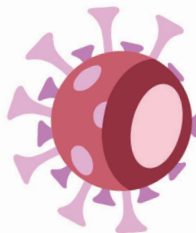
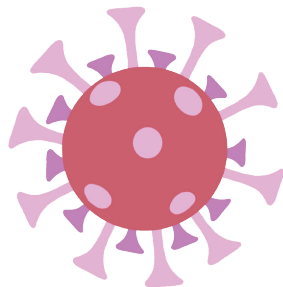
# IF SOMEONE IN YOUR HOUSEHOLD IS SICK



- Isolate them as much as possible<sup>1</sup>. Give them their own room, or create artificial separation with sheets or furniture.
- Wear a mask even at home while you are in close quarters with the sick person.
- If you share a bathroom and kitchen, disinfect common surfaces several times a day.

- Do not share cups, towels, linens, or eating utensils with the sick person<sup>2</sup>. If it's unavoidable, clean items thoroughly after use.

- Provide the sick person with tissues or paper towels, as well as a plastic bag to dispose of contaminated materials.



- Make routine checks on the sick person every six to eight hours. Bring clean water for them to drink.
- Monitor their temperature, if possible.

- Avoid smoking, burning candles, diffusing essential oils, using heavily scented lotions, or doing anything else that can impair or affect natural breathing ability.

## SOURCES FOR THIS SECTION:

1. [HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/HCP/GUIDANCE-PREVENT-SPREAD.HTML](https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html)

2. [HTTPS://WWW.HEALTH.HARVARD.EDU/DISEASES-AND-CONDITIONS/CORONAVIRUS-RESOURCE-CENTER](https://www.health.harvard.edu/diseases-and-conditions/coronavirus-resource-center)

# IF THE SICK PERSON...

- Has a fever at or above 103 F
  - Seems confused or unable to hold a conversation
    - Is struggling to wake up
    - Can't catch their breath<sup>1</sup>
    - Has a fever and dry cough
- PLUS one or more vulnerability characteristics<sup>2</sup>**

**SEEK IMMEDIATE  
MEDICAL ATTENTION.**

SOURCES FOR THIS SECTION:

1. [HTTPS://WWW.HEALTH.HARVARD.EDU/DISEASES-AND-CONDITIONS/CORONAVIRUS-RESOURCE-CENTER](https://www.health.harvard.edu/diseases-and-conditions/coronavirus-resource-center)

2. [HTTPS://WWW.MIAMIHERALD.COM/NEWS/HEALTH-CARE/ARTICLE240842181.HTML](https://www.miamiherald.com/news/health-care/article240842181.html)

# HOW TO CLEAN YOUR HOME

Recommended cleaning guidelines are extensive and hard to understand. **For the best cleaning results, follow as many of these steps as possible.** However, some steps are not realistic for the average American (e.g. using new disposable gloves to clean high-touch surfaces in your kitchen multiples times a day).

- Put on disposable gloves before cleaning, and throw them away after you finish your cleaning routine.
- If the surface is visibly dirty, scrub it with regular soap and water to wash away visible dirt before attempting to disinfect it.
- Use EPA-approved cleaners. Many Clorox and Lysol products are on the list. Alternatively, make your own cleaning solution by mixing 1 tablespoon of bleach to 4 cups of water<sup>2</sup>.

**Never mix bleach** with any other cleaning product.

- Wipe surfaces with enough cleaning product to make them wet. If your rag or wipe dries out, use more cleaning product. After wiping surfaces into a wet state, let them air-dry for 4-10 minutes<sup>3</sup>.
- Use a plastic bag to store or transport the laundry of a sick person. Do not touch the fabric with your hands or “shake out” laundry<sup>1</sup>. Clean other fabric items (like carpets) with material-specific cleaning products.

#### SOURCES FOR THIS SECTION:

1. [HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/HCP/GUIDANCE-PREVENT-SPREAD.HTML](https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html)
2. [HTTPS://WWW.CDC.GOV/FLU/PDF/FREERESOURCES/UPDATED/CLEANING\\_DISINFECTING\\_SCHOOLS.PDF](https://www.cdc.gov/flu/pdf/freeresources/updated/cleaning_disinfecting_schools.pdf)
3. [HTTPS://WWW.LYSOL.COM/PRODUCTS/DISINFECTING-WIPES/LYSOL-DISINFECTING-WIPES-LEMON-AND-LI-ME-BLOSSOM/](https://www.lysol.com/products/disinfecting-wipes/lysol-disinfecting-wipes-lemon-and-lime-blossom/)

# WHAT WON'T HELP

You may have seen chain letters explaining that garlic, or vodka, or heat will kill coronavirus. Those claims are false.

## These things do NOT affect coronavirus:

- Eating garlic, hot sauce, or sesame seed oil
- Using a sauna or taking a hot bath
- Diffusing essential oils
- Gargling with bleach or dangerous chemicals
- Getting a flu shot
- Consuming large amounts of Vitamin C
- Taking small sips of water every 15 minutes
- Using a hand dryer
- Using tanning beds or UV light. Though UV radiation can kill viruses, you will damage your skin trying this on your own.
- Spraying yourself with or drinking alcohol, chlorine, bleach, vodka, or any random liquid
- Using a netipot
- Taking antibiotics or antifungal medication. The coronavirus is a virus, not a bacteria or fungus
- Eating red meat or not eating red meat
- Using CBD or marijuana, or illegal drugs like cocaine
- Rubbing yourself with or eating algae or seaweed

## Stay home. Mask up. Keep safe.

### SOURCES FOR THIS SECTION:

1. [HTTPS://WWW.WASHINGTONPOST.COM/OUTLOOK/FIVE-MYTHS/FIVE-MYTHS-ABOUT-THE-CORONAVIRUS/2020/03/12/7F0C0786-6478-11EA-B3FC-7841686C5C57\\_STORY.HTML](https://www.washingtonpost.com/outlook/five-myths/five-myths-about-the-coronavirus/2020/03/12/7f0c0786-6478-11ea-b3fc-7841686c5c57_story.html)
2. [HTTPS://WWW.HOPKINSMEDICINE.ORG/HEALTH/CONDITIONS-AND-DISEASES/CORONAVIRUS/2019-NOVEL-CORONAVIRUS-MYTH-VERSUS-FACT](https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/2019-novel-coronavirus-myth-versus-fact)
3. [HTTPS://WWW.LIVESCIENCE.COM/CORONAVIRUS-MYTHS.HTML](https://www.livescience.com/coronavirus-myths.html)
4. [HTTPS://WWW.WHO.INT/EMERGENCIES/DISEASES/NOVEL-CORONAVIRUS-2019/ADVICE-FOR-PUBLIC/MYTH-BUSTERS](https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters)
5. [HTTPS://WWW.CNN.COM/2020/03/04/HEALTH/DEBUNKING-CORONAVIRUS-MYTHS-TRND/INDEX.HTML](https://www.cnn.com/2020/03/04/health/debunking-coronavirus-myths-trnd/index.html)
6. [HTTPS://WWW.BUSINESSINSIDER.COM/WUHAN-CORONAVIRUS-MYTHS-RED-MEAT-BLEACH-ANTIBIOTICS-AND-SESAME-OIL-2020-2#AND-REMEMBER-FACE-MASKS-DONT-REALLY-HELP-MUCH-UNLESS-YOU-PUT-THEM-ON-THE-PEOPLE-WHO-ARE-ALREADY-SICK-TO-PROTECT-OTHERS-16](https://www.businessinsider.com/wuhan-coronavirus-myths-red-meat-bleach-antibiotics-and-sesame-oil-2020-2#and-remember-face-masks-dont-really-help-much-unless-you-put-them-on-the-people-who-are-already-sick-to-protect-others-16)

# FACE MASKS 101

Coronavirus spreads when infected people cough virus droplets into the air. These droplets can enter your nose, mouth, or eyes. Plus, if you touch a surface that has been coughed on, then touch your own face, you can bring the virus inside your body<sup>1</sup>.

Wearing a face mask doesn't protect your eyes, and it doesn't block out every virus particle. **However, new research shows that wearing a mask properly can greatly reduce your chance of contracting coronavirus.**

Scientists tested masks against typical droplet distribution when speaking<sup>2</sup>. Fitted N95 masks and surgical masks performed the best, preventing almost all droplets from leaving the tester's mouth area. Masks made with 2 layers of cotton and 1 layer of poly blend were almost as effective as the top-scoring masks.

## **New research shows that masks are a key defense against coronavirus.**

Neck gaiters and fleece were worse than not wearing a mask. Aesthetic masks like knits and bandanas also performed poorly.

Scientists did not bother testing purely cosmetic masks like lace and mesh. While airy patterns can provide some design on top of a cloth mask, you should not rely on these "masks" for safety--no matter who is trying to sell them.

Look for multi-layered cotton masks with a wire band on the top edge. This helps the mask fit to your face (though it won't create an airtight seal). You should wash your masks regularly. It's best to have three or four masks to rotate for daily use, and you can toss your masks into your regular laundry<sup>3</sup>.



You must wear your mask properly to get its full benefits. Your mask should fit snugly across your face. Do not pull your mask below your nose or below your chin. For starters, you'll be breathing unfiltered air.

You'll also be breathing in any coronavirus particles that were filtered by the mask. Let's say that you're standing next to a sick person and they cough in your direction. If you pull your mask beneath your nose, you'll be snorting up all the virus particles laying on top of the mask.

In the ideal situation, your mask will catch virus particles before they enter your body. That means **you should treat your mask like it is carrying virus particles.**

Remove your mask carefully by unhooking both ear loops at the same time. Bring your hands together so the mask folds in half and you can carry it with both loops in one hand<sup>4</sup>. Then, place the mask in the sink, washing machine, laundry basket, or plastic bag. Don't throw your mask onto the kitchen table or counters.

**The first line of defense is always avoiding crowded situations. If you must be around other people, wear a mask.**

#### SOURCES FOR THIS SECTION:

1. [HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/PREPARE/TRANSMISSION.HTML?CDC\\_AA\\_REFVAL=HTTPS%3A%2F%2FWWW.CDC.GOV%2FCORONAVIRUS%2F2019-NCOV%2FABOUT%2FTRANSMISSION.HTML](https://www.cdc.gov/coronavirus/2019-ncov/prepare/transmission.html?CDC_AA_REFVAL=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Ftransmission.html)
2. [HTTPS://WWW.USATODAY.COM/IN-DEPTH/NEWS/2020/08/16/FACE-MASKS-WHAT-MAKES-SOME-BETTER-THAN-OTHERS-AGAINST-COVID-19/5535737002/](https://www.usatoday.com/in-depth/news/2020/08/16/face-masks-what-makes-some-better-than-others-against-covid-19/5535737002/)
3. [HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/PREVENT-GETTING-SICK/HOW-TO-WASH-CLOTH-FACE-COVERINGS.HTML](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wash-cloth-face-coverings.html)
4. [HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/PREVENT-GETTING-SICK/HOW-TO-WEAR-CLOTH-FACE-COVERINGS.HTML](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-cloth-face-coverings.html)

# LIST OF LINKS

- **CDC CORONAVIRUS HOMEPAGE**

[HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/INDEX.HTML](https://www.cdc.gov/coronavirus/2019-ncov/index.html)

- **WHO CORONAVIRUS HOMEPAGE**

[HTTPS://WWW.WHO.INT/EMERGENCIES/DISEASES/NOVEL-CORONAVIRUS-2019](https://www.who.int/emergencies/diseases/novel-coronavirus-2019)

- **CDC HANDWASHING GUIDELINES**

[HTTPS://WWW.CDC.GOV/HANDWASHING/SHOW-ME-THE-SCIENCE-HAND-WASHING.HTML](https://www.cdc.gov/handwashing/show-me-the-science-handwashing.html)

- **CDC CLEANING PROTOCOL**

[HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/COMMUNITY/HOME/CLEANING-DISINFECTION.HTML](https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html)

- **EPA-APPROVED CLEANERS**

[HTTPS://WWW.EPA.GOV/SITES/PRODUCTION/FILES/2020-03/DOCUMENTS/SARS-COV-2-LIST\\_03-03-2020.PDF](https://www.epa.gov/sites/production/files/2020-03/documents/sars-cov-2-list_03-03-2020.pdf)

- **CDC HOME GUIDELINES IF SOMEONE FALLS ILL**

[HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/COMMUNITY/HOME/GET-YOUR-HOUSEHOLD-READY-FOR-COVID-19.HTML](https://www.cdc.gov/coronavirus/2019-ncov/community/home/get-your-household-ready-for-covid-19.html)

- **WHO CORONAVIRUS MYTH-BUSTING**

[HTTPS://WWW.WHO.INT/EMERGENCIES/DISEASES/NOVEL-CORONAVIRUS-2019/ADVICE-FOR-PUBLIC/MYTH-BUSTERS](https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters)

- **NEW YORK TIMES FREE CORONAVIRUS COVERAGE**

[HTTPS://WWW.NYTIMES.COM/NEWS-EVENT/CORONAVIRUS](https://www.nytimes.com/news-event/coronavirus)

# ABOUT YOUR CORONAVIRUS HANDBOOK

THIS DOCUMENT WAS WRITTEN BY LAINE YUHAS, A FREELANCE JOURNALIST WITH A DEGREE IN PRINT & MULTIMEDIA STUDIES FROM EMERSON COLLEGE.

DURING HER LAST SEMESTER AT EMERSON, SHE REPORTED ON THE SWINE FLU OUTBREAK. DURING THE 2013-2016 EBOLAVIRUS OUTBREAK, SHE MAINTAINED THE POP-UP INFORMATION SITE “WORLD AGAINST EBOLA” (NOW DEFUNCT). SHE IS CURRENTLY WORKING ON A SERIES OF NON-FICTION BOOKS THAT EXPLORE THE MOST SIGNIFICANT NATURAL DISASTERS IN AMERICAN HISTORY.

SIGN UP FOR HER NEWSLETTER AT **LAINEYUHAS.COM**.

IF YOU FOUND THIS BOOK HELPFUL, YOU CAN DIRECTLY SUPPORT YUHAS’S WORK AND UPCOMING PROJECTS BY BUYING HER A COFFEE AT **KO-FI.COM/CORONAVIRUSHANDBOOK**.

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