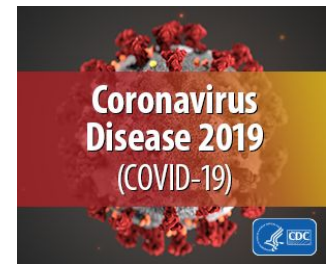




## ASA COVID-19 Information Sheet February 29, 2020

The American Society of Acupuncturists would like to make sure that you are informed about the outbreak of COVID-19 (2019 novel Coronavirus). The World Health Organization and the United States Department of Health and Human Services have both declared COVID-19 as a public health emergency.



Here are some up to date resources about COVID-19 that are important for acupuncturists and other healthcare workers, as of Feb 29, 2020.

### [What are the symptoms?](#)

Patients with confirmed COVID-19 infection have reported mild to severe respiratory illness with symptoms of:

- fever
- cough
- shortness of breath/difficulty breathing

At this time, the CDC believes that symptoms of COVID-19 may appear in as few as 2 days or as long as 14 days after exposure.

[Here are CDC's recommendations for those who might be infected.](#)

**COVID 19**  
CORONAVIRUS DISEASE

**CORONAVIRUS DISEASE 2019 (COVID-19)**

**SYMPTOMS\* OF CORONAVIRUS DISEASE**

**Patients with COVID-19 have reportedly had mild to severe respiratory illness. Symptoms can include**

- Fever
- Cough
- Shortness of breath

**\* Symptoms may appear 2–14 days after exposure. If you have been in China within the past 2 weeks and develop symptoms, call your doctor.**

**www.cdc.gov/COVID19**

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### **Where are the current cases?**

For the most up-to-date number of cases, [the World Health Organization maintains a COVID-19 Situation Report](#) worldwide. [Current statistics show that 80% of cases show mild flu-like symptoms, 3-5% of cases end up in intensive care and approximately 2% of cases are fatal](#)<sup>1</sup>.

## What are the recommendations to prevent the spread of disease?

There are simple everyday precautions to help prevent the spread of respiratory viruses.

These include:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- **Wash your hands often with soap and water for at least 20 seconds.** Use an alcohol-based hand sanitizer that contains 60%-90% alcohol if soap and water are not available. COVID-19 can transmit through both respiratory droplets and via stool, so careful handwashing is critical.
- Cover coughs and sneezes with a tissue, then throw it in the trash can. Cough or sneeze into your elbow and not your hand if you do not have a tissue available. If you contaminate your hand and then touch other objects, you will spread the virus.

If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick with respiratory disease symptoms. At the present time, these symptoms are more likely due to influenza or other respiratory viruses than to the COVID-19 related virus.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

Other actions you can take that can meaningfully support your health and ability to fight illness:

- Get good sleep, and prioritize your self-care. Sleep is critical to optimal immune function. If you are sleep-deprived, you are not at your peak immunity.
- Eat nutrient-rich foods, and prioritize a healthy diet. Your diet provides building blocks used by your immune system to fight illness. Without those resources, your immune system will be weaker.
- Talk to your doctor about optimizing your vitamin D, zinc, and vitamin C levels. These nutrients are particularly important for optimal immune function and may be depleted in the typical diet, and in the winter depending on location.
- Stay hydrated. Water is at the foundation of our health. Clean/filtered water consumed regularly helps keep our whole system functioning optimally, including our immune systems.
- Don't panic! An outbreak is scary, but most people will experience COVID-19 as a mild illness. Prolonged, toxic stress inhibits immune function, so whether it is fear about the virus or excess stress at home or work, do what you can to give your system a break and restore. Exercise, acupuncture, nutritional and herbal supplements recommended by your healthcare practitioner, qigong/tai chi, yoga, meditation, or whatever your "go-to" to unwind must take priority now. These are not luxuries! Take care of yourself.

**Persons who are suspected of being infected with COVID-19, are referred to as “[Persons Under Investigation \(PUI\)](#)”? What are the criteria for PUI (as of February 27, 2020)?**

Clinical Features	&	Epidemiologic Risk
Fever <sup>1</sup> or signs/symptoms of lower respiratory illness (e.g. cough or shortness of breath)	AND	Any person, including healthcare workers <sup>2</sup> , who has had close contact <sup>3</sup> with a laboratory-confirmed <sup>4</sup> COVID-19 patient within 14 days of symptom onset
Fever <sup>1</sup> and signs/symptoms of a lower respiratory illness (e.g., cough or shortness of breath) requiring hospitalization	AND	A history of travel from affected geographic areas <sup>5</sup> (see below) within 14 days of symptom onset
Fever <sup>1</sup> with severe acute lower respiratory illness (e.g., pneumonia, ARDS) requiring hospitalization and without alternative explanatory diagnosis (e.g., influenza) <sup>6</sup>	AND	No source of exposure has been identified

### Affected Geographic Areas with Widespread or Sustained Community Transmission

*Last updated February 28, 2020*

- China ([Level 3 Travel Health Notice](#))
- Iran ([Level 3 Travel Health Notice](#))
- Italy ([Level 3 Travel Health Notice](#))
- Japan ([Level 2 Travel Health Notice](#))
- South Korea ([Level 3 Travel Health Notice](#))

### What if I suspect that someone is a PUI?

In some regions of the United States, [such as Vermont](#), local health authorities are “requesting” healthcare practitioners to ask patients with respiratory illnesses about travel history in the previous 14 days. In areas such as [San Diego, CA](#), healthcare practitioners “should” be reporting PUIs to the Epidemiology Unit. In some areas such as Ohio, healthcare professionals such as acupuncturists “or any individual having knowledge of a person with nCoV” are “required” to report people who may be suspected of or have confirmed cases of COVID-19 must be reported to local health districts. [Ohio Department of Health classifies 2019-novel Coronavirus \(2019-nCoV\) immediately reportable disease](#) (Jan 24, 2020)

For specific information for your region, please consult your city and county listings at [local health departments](#). You can also access more broad-based information at the [CDC's list of Health Department Directory](#).

### **How can a practitioner protect themselves?**

Practitioners should follow these [CDC Healthcare Practitioners Guidelines](#) in the event of protected exposure to patients exposed to COVID-19. In the event of unprotected exposure, please contact your healthcare practitioner and the local health department.

It is not advisable for practitioners without appropriate personal protective equipment and proper facilities (such as an Airborne Infection Isolation Room) to treat patients infected or exposed to COVID-19 per [CDC recommendations](#).

### **[CDC's recommendation for businesses & employers](#)**

### **What about the use of facemasks?**

[The difference between an N95 respirator and a surgical mask/facemask](#). The [CDC does not recommend the use of routine use of respirators](#) outside of the workplace, unless advised by your healthcare provider.

### **Misconceptions or Myths about COVID-19**

- [CDC's Share Facts, not Fear](#)
- [WHO's COVID-19 advice for the Public: Mythbusters](#)

### **Other Resources:**

#### **CDC: COVID-19 Information:**

- [CDC's page on COVID-19](#)
- [CDC's page for Healthcare Professionals](#)
- [Fact Sheet on what you need to know about COVID-19](#)
- [Frequently Asked Questions sheet about COVID-19](#)
- [Frequently Asked Questions for Healthcare Professionals](#)
- [Stop the Spread of Germs](#) Flyer
- [Symptoms of COVID-19](#) Flyer
- [CDC Travel Alerts](#)
- [Other COVID-19 Publications](#)

Please note that the CDC updates the information regularly. So for the most up-to-date information, please sign up for the [COVID-19 updates](#) from the CDC.

[NIH COVID-19 Information](#)

[World Health Organization's COVID-19 Information](#)

[OSHA Standards for COVID-19](#)

**Webinars:**

- [CDC's Strategies for Healthcare Systems Preparedness and Optimizing N95 Supplies. Slides can be found here.](#)
  - [World Health Organization's Emerging respiratory viruses, including COVID-19: methods for detection, prevention, response and control training](#)
  - [2019 Novel Coronavirus: Legal Preparedness and Public Health Response Efforts | Webinar by the Network for Public Health Law](#)
1. The Novel Coronavirus Pneumonia Emergency Response Epidemiology Team. The Epidemiological Characteristics of an Outbreak of 2019 Novel Coronavirus Diseases (COVID-19) — China, 2020[J]. *China CDC Weekly*, 2020, 2(8): 113-122.