



This is a long game, and we're still in the early innings. As much as we're all tired of coronavirus, the reality is, it's not tired of us. Staying informed and vigilant is our best defense.

- David McCune, MD, MPH

COVID-19 at 6 months: What we've learned and what it means for you

Pandemic fatigue is real, but so are the millions of cases and more than 100,000 deaths across the U.S. As reopenings continue, pause and delay from coast to coast, we separate the latest fact from fiction so you can make the most informed choices.

Debunking Common Myths

If the story or graphic you're reading doesn't list a verified source, don't believe it—or spread it. The rapid-fire nature of social and even the mainstream media can easily lead to the circulation of false statements that can result in misinformation or harm like:

- ✘ **Myth 1: The virus will die in the hot weather.** The recent surge in Southern and Western states like Arizona, California, Texas and Florida demonstrate that COVID-19 doesn't necessarily discriminate when the mercury rises.
- ✘ **Myth 2: Young adults don't have to worry.** In the most recent outbreak, younger adults make up an increasing percentage of new cases and hospitalizations.
- ✘ **Myth 3: Temperature checks are a reliable way to monitor for the virus.** It is not unusual for patients to be infected and able to spread COVID-19 before they develop symptoms. While well-intentioned, temperature screening in workplaces, airports and hospitals is far from a catch-all. If you aren't feeling well, stay home, regardless of your specific symptoms.
- ✘ **Myth 4: I had COVID-19; now I'm immune.** Even if you have a positive antibody test result, experts are still unsure how protected you are from contracting the virus a second time. One recent study showed that coronavirus antibodies may only last two to three months post-infection.¹ More research needs to be done before we have definitive answers.
- ✘ **Myth 5: Surging numbers are related to more testing, not more cases.** Despite misinformation in the media, experts maintain there is a clear link between an increase in COVID-19 infection and the lifting of stay-at-home orders across multiple states. In fact, some sources believe that the high positive test rate suggests how many cases we may be missing due to short testing supply and lack of testing access in rural areas.

Here's What We Do Know

(and how you can stay informed)

For the most accurate news about COVID-19, look to websites like the Centers for Disease Control and Prevention ([CDC](#)), the National Institutes of Health ([NIH](#)), the World Health Organization ([WHO](#)) and your state and local departments of health.



✓ The CDC continues to expand its list of people at high-risk for severe COVID-19 illness.

Updated risk factors include obesity, asthma, high blood pressure, neurologic conditions and pregnancy.

Several studies have also found increased risk related to race and ethnicity², as well as social determinants of health, like insurance coverage, living environment and reliance on public transportation.

Takeaway: The net of risk for COVID-19 is wider than initially thought. Are you or someone in your household vulnerable?

✓ You are more susceptible to catching the virus when you are:

- Indoors
- In crowds
- Around raised voices

Takeaway: Bars, restaurants, sporting events, concerts, celebrations and theme parks are all high-risk. Choose activities wisely, and mask up in public settings.

✓ Symptoms typically appear 2–14 days after exposure to the virus, and may include:

- Fever or chills
- Cough
- Breathing difficulty
- Fatigue
- Body/muscle aches
- Headache
- Loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Takeaway: The symptom list is long and varied. Remember 3 S's if you are experiencing any of the above: **stay** home, **separate** from others and **seek** virtual care.

✓ Studies indicate that as many as 45% of infected people never experience symptoms.³

Takeaway: You and those close to you can be infected—and spreading the virus—even if you don't know you have it. Regardless of how you feel, practice the 3 W's: **wear** a mask, **watch** your distance (6 ft.) and **wash** your hands frequently.

✓ While it's too soon for definitive long-term effects to be observed, reports of complications in a subset of COVID-19 patients include Multisystem Inflammatory Syndrome (MIS-C) in children, as well as lingering respiratory, neurological, kidney and vascular effects on adults.

Takeaway: No matter what your age or risk, COVID-19 can have a serious impact on you or someone you love. The 3 S's and the 3 W's aren't just recommendations—they can save lives.

98point6®

We're Here For You

If you're experiencing symptoms, want to explore testing options or just have a COVID-19-related question, 98point6's virtual clinic is available 24/7 from wherever you are.

A SOURCE YOU CAN TRUST: This resource was put together using expert guidance from 98point6's board-certified physicians and the latest information from the CDC.

¹ <https://www.nature.com/articles/s41591-020-0965-6> ² <https://www.cdc.gov/coronavirus/2019-ncov/community/health-equity/race-ethnicity.html>

³ <https://news.iu.edu/stories/2020/06/iupui/releases/17-fairbanks-isdh-second-phase-covid-19-testing-indiana-research.html>