



Six months in, COVID-19 is showing no signs of slowing down—and when it comes to taking the right precautions, neither should you.

- Michael Grabinski, MD, MPH

The Key to Fighting COVID-19:

Playing the Long Game and Acting Fast

The Rules Still Apply

“There’s a misconception that depending on what phase your local area is in, that it’s safer to resume normal activities and forgo recommended safety measures,” says 98point6[®] physician Michael Grabinski, MD, MPH.

“In reality, the phased approach refers to reopening the economy. COVID-19 still exists, and it’s not going anywhere. So even if your personal risk tolerance is high as you begin venturing out again, we’re all responsible for stopping the spread and keeping more vulnerable communities safe.”

Remember the 3 Ws:

1 Watch your distance

Science says: 1 in 2 COVID-19 patients couldn’t identify an infected person with whom they had close contact in the last two weeks.¹

2 Wash your hands

Science says: According to one study, countries with a lack of handwashing culture are linked to much higher exposure to coronavirus. Preliminary research has also indicated a 36% reduction in coronavirus risk among people who wash their hands 6–10x per day.²

3 Wear a mask

Science says: A recent study, comparing COVID-19 growth rate before and after mask mandates in 15 states and the District and Columbia, showed a slow of 2 percentage points at 3 weeks.³ And a forecast from the Institute of Health Metrics and Evaluation at the University of Washington⁴ projects that almost 66,000 deaths could be avoided by December 1 if 95% of people wore masks in public.

COVID-19’s Strength in Numbers

The U.S. has the highest number of COVID-19 fatalities in the world, according to data from Johns Hopkins.⁵ “As long as cases continue to surge, and people continue to relax behaviors, the coronavirus will continue to gain steam. A ‘new normal’ mindset is the only way forward,” says Dr. Grabinski.

Coronavirus cases in the U.S.:
More than 5 million

Coronavirus deaths in the U.S.:
More than 162,000

Cases increasing in: Virginia, Illinois, Hawaii, South Dakota, Rhode Island, Massachusetts

Hotspots: Select counties in Florida, Texas, Arkansas, Virginia, Kansas

*Numbers as of August 10, 2020

¹ <https://www.cdc.gov/mmmwr/volumes/69/wr/mmm6926e3.htm>

² https://www.researchgate.net/publication/340050986_The_Impact_of_Cross-Cultural_Differences_in_Handwashing_Patterns_on_the_COVID-19_Outbreak_Magnitude

³ <https://www.healthaffairs.org/doi/10.1377/hlthaff.2020.00818>

⁴ <http://www.healthdata.org/news-release/new-ihme-covid-19-forecasts-see-nearly-300000-deaths-december-1>

⁵ <https://www.acpjournals.org/doi/10.7326/M20-1495>

Exposed or Sick?

Act Fast to Stop the Spread and Get the Care You Need

If you're experiencing symptoms or think there's a chance you've been exposed to COVID-19, start a visit with a 98point6 physician to get on the right path, including an order for viral testing in your local area.

✓ Timing Your Viral Test

"The nasal/throat swab or saliva test are helpful but not always definitive," says Dr. Grabinski. "So even if you test negative for coronavirus, it's recommended you isolate if you have symptoms or have been exposed to an infected individual."

How long should you wait to test after known exposure? According to data from Johns Hopkins, since the virus is not detectable immediately after infection, the probability of a false negative is:

100% if taken on the first day of infection
67% if taken at day 4 post-exposure
20% if taken at day 8 post-exposure

✓ Keep In Mind

Symptoms may appear 2–14 days after exposure.

"As many as 45% of those infected never experience **any** symptoms," says Dr. Grabinski. "Limiting your contact list is essential not only to avoid those asymptomatic carriers, but to hinder your chances of becoming a silent carrier and spreading the virus to others."

It can take 1–3 weeks post-infection for your body to make antibodies. Therefore, an antibody test **might** tell you if you had a past infection, but it will **not** show if you have a current infection.

Having antibodies to the virus that causes COVID-19 **might** provide a degree of immunity but at this time, how much or how long that protection lasts is unknown.

✓ Quarantine or Isolate?

The [CDC website](#) is an excellent resource on the difference between these crucial actions. Some highlights:

Quarantine if you **might be** sick

Why: Known or suspected contact with infected individual

How: Stay home, monitor potential symptoms, limit contact with household members

How Long: 14 days from date of last contact (if a second member of the household gets sick mid-quarantine, you must restart from that date of last contact)

Isolate if you **are** sick

Why: Experiencing symptoms and/or have a positive test result

How: Stay home, seek virtual care, avoid contact with household members, pets and shared items and wear a mask as needed

How Long: Varies related to symptom onset and improvement and test status; therefore, consulting with a physician is key



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.