

Race & Place: COVID-19
A Candid Conversation with our African-American Community
Frequently Asked Questions

What does it mean to quarantine [self-isolate]?

<https://wexnermedical.osu.edu/features/coronavirus/patient-care/faq>

Those who are self-isolating should try to keep six to 10 feet of distance between themselves and another person, and avoid prolonged contact while in an enclosed space. They should also:

1. sleep in a separate room from others
2. practice strict cough etiquette (cover sneeze or cough with sleeve)
3. practice strict hand hygiene
4. avoid sharing utensils, dishware or drinking cups

As the CDC explains: "Quarantine [self-isolation] means separating a person or group of people who have been exposed to a contagious disease but have not developed illness (symptoms) from others who have not been exposed, in order to prevent the possible spread of that disease. Quarantine is usually established for the incubation period of the communicable disease, which is the span of time during which people have developed illness after exposure. For COVID-19, the period of quarantine is 14 days from the last date of exposure, because 14 days is the longest incubation period seen for similar coronaviruses. Someone who has been released from COVID-19 quarantine is not considered a risk for spreading the virus to others because they have not developed illness during the incubation period."

Myth: You don't need to quarantine from relatives.

How Can I Protect Myself from COVID-19?

<https://wexnermedical.osu.edu/features/coronavirus/patient-care/faq>

- Stay home when you're sick
- Avoid close contact with people who are sick
- Get adequate sleep and eat well-balanced meals
- Cover your mouth and nose with a tissue or sleeve when you sneeze or cough
- Wash your hands often with soap and water (20 seconds or longer) or use alcohol hand rub if no soap and water are available
- Avoid touching your eyes, nose or mouth with unwashed hands or after touching surfaces
- Clean and disinfect "high-touch" surfaces often

Myth: You can protect yourself from COVID-19 by injecting, swallowing, bathing in or rubbing onto your body bleach, disinfectants or rubbing alcohols.

How Did COVID-19 Come About?



<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/2019-novel-coronavirus-myth-versus-fact>

<https://coronavirus.ohio.gov/wps/portal/gov/covid-19/resources/general-resources/Myths%2BVersus%2BFacts>

It is believed that the virus that causes COVID-19 has its origin in bats or another animal. The virus is from the coronavirus family, a large group of viruses that are common in people and many different animal species. Rarely, animal coronaviruses can infect people and then spread between people. Early on, many of the patients at the epicenter of the COVID-19 outbreak in Wuhan, Hubei Province, China, had some link to a large seafood and live animal market, suggesting animal-to-person spread.

Myth: The new coronavirus was deliberately created or released by a government agency or other group.

Why should I wear a mask?

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks>

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

The CDC recommends use of cloth face coverings in public because they can prevent people who have COVID-19 — possibly without any symptoms — from passing it along to others. The coverings do not block out viruses.

Myth: Wearing a cloth face covering/mask will keep me safe if I am around anyone who has COVID-19.

What are the symptoms?

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms or combinations of symptoms may have COVID-19:

Cough
Shortness of breath or difficulty breathing

Or at least two of these symptoms:

Fever	Headache
Chills	Sore throat
Repeated shaking with chills	New loss of taste or smell
Muscle pain	

Children have similar symptoms to adults and generally have mild illness.

This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you.

Where can I get tested?

Duval County - <https://www.coj.net/covid19testing#Map>

Clay County - <https://www.facebook.com/ClayCtyEm/>

Nassau County – *There is only one regional testing site approved to provide testing for people who meet guidelines. That site is at TIAA Bank Field in Jacksonville*
<https://www.nassaucountyfl.com/1025/COVID-19-FAQs>

Baker County – Department of Health information COVID-19 Call Center available 24/7, (866) 779-6121 or email COVID-19@flhealth.gov

St. Johns County - <http://www.sjcf.us/coronavirus/Media/SJCCOVID19TestingSites.pdf>

Walk and drive-up testing is available for anyone. There is no cost to be tested. Some sites have restrictions, please refer to the City of Jacksonville COVID-19 website.

Myth: COVID-19 testing is limited to residents with certain insurance.

What is the source of the virus?

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html#Coronavirus-Disease-2019-Basics>

COVID-19 is caused by a coronavirus called SARS-CoV-2. Coronaviruses are a large family of viruses that are common in people and many different species of animals, including camels, cattle, cats, and bats. Rarely, animal coronaviruses can infect people and then spread between people.

Myth: COVID-19 was created by Russia or some other country or group.

Can someone who has the COVID-19 virus spread the illness to other people?

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html#Coronavirus-Disease-2019-Basics>

The virus that causes COVID-19 is [spreading from person-to-person](#). People are thought to be most contagious when they are symptomatic (the sickest). That is why CDC recommends that these patients be isolated either in the hospital or at home (depending on how sick they are) until they are better and no longer pose a risk of infecting others. More recently the virus has also been detected in asymptomatic persons (don't feel sick).

Can the virus be spread through food, including restaurant take out, refrigerated or frozen packaged food?

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html#Coronavirus-Disease-2019-Basics>

Coronaviruses are generally thought to be spread from person to person through respiratory droplets. Currently, there is no evidence to support transmission of COVID-19 associated with food. Before preparing or eating food it is important to always wash your hands with soap and water for at least 20 seconds for general food safety. Throughout the day use a tissue to cover



your coughing or sneezing, and wash your hands after blowing your nose, coughing or sneezing, or going to the bathroom.

It may be possible that a person can get COVID-19 by touching a surface or object, like a packaging container, that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

What is the risk of children becoming sick with COVID-19?

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html#Coronavirus-Disease-2019-Basics>

Based on available evidence, children do not appear to be at higher risk for COVID-19 than adults. However, some children and infants have been sick with COVID-19, despite adults making up most of the known cases to date. You can learn more about who is at higher risk for severe illness from COVID-19 at [People who are at higher risk for severe illness](#).

Myth: Children can't get COVID-19

Should Children Wear Masks?

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html#Coronavirus-Disease-2019-Basics>

CDC recommends that everyone 2 years and older wear a cloth face covering that covers their nose and mouth when they are out in the community. Cloth face coverings should NOT be put on babies or children younger than 2 because of the danger of suffocation. Children younger than 2 years of age are listed as an exception as well as anyone who has trouble breathing or is unconscious, incapacitated, or otherwise unable to remove the face covering without assistance.

What Should I Do If Someone In My House Gets Sick With COVID-19?

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html#Coronavirus-Disease-2019-Basics>

Most people who get COVID-19 will be able to recover at home. [CDC has directions](#) for people who are recovering at home and their caregivers, including:

- Stay home when you are sick, except to get medical care.

When to Seek Medical Attention

If you have any of these **emergency warning signs*** for COVID-19 get **medical attention immediately**:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you.

Call 911 if you have a medical emergency: Notify the operator that you have, or think you might have, COVID-19. If possible, put on a cloth face covering before medical help arrives.

- Use a separate room and bathroom for sick household members (if possible).
- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Provide your sick household member with clean disposable facemasks to wear at home, if available, to help prevent spreading COVID-19 to others.
- [Clean the sick room and bathroom](#), as needed, to avoid unnecessary contact with the sick person.
- Avoid sharing personal items like utensils, food, and drinks.

Resource list

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/racial-ethnic-minorities.html>

<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

<https://www.sciencenews.org/article/coronavirus-why-african-americans-vulnerable-covid-19-health-race>

