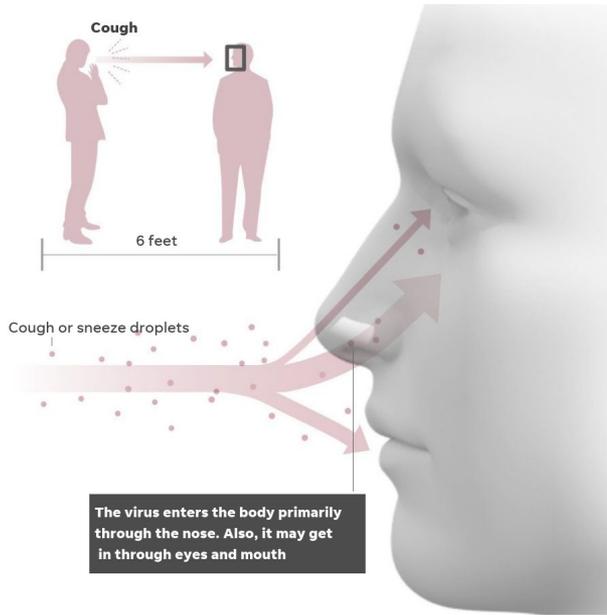


# What does COVID-19 do to your body?



USA Today had a great article that laid out [what COVID-19 does to our body](#). I have taken the highlights and put them in a powerpoint so you can see the breakdown of what the virus can do to our body.



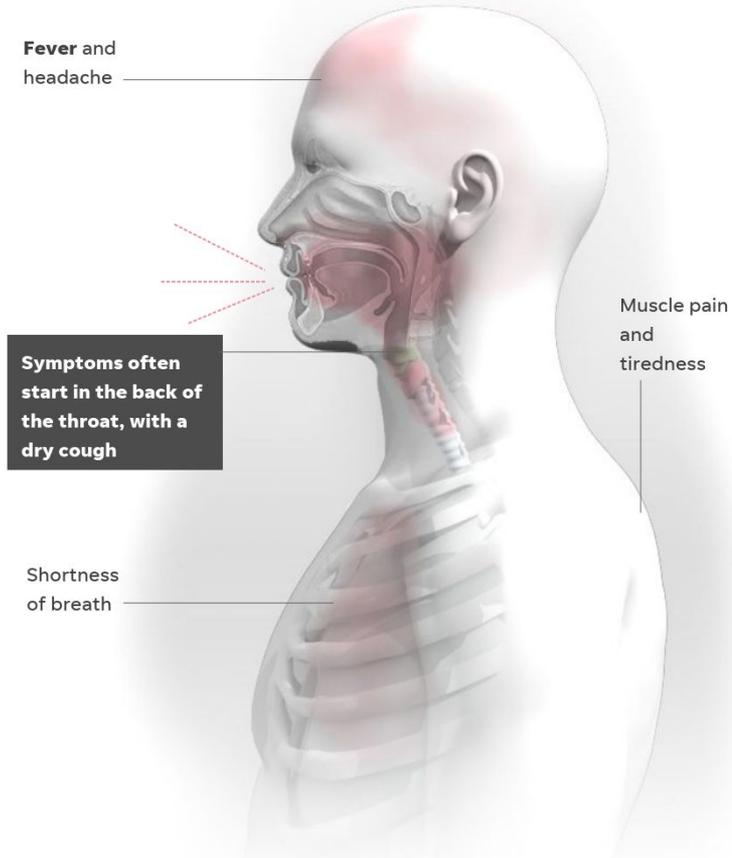
[According to the CDC](#), the virus can spread person-to-person within 6 feet through respiratory droplets produced when an infected person coughs or sneezes.

It's also possible for the virus to remain on a surface or object, be transferred by touch and enter the body through the mouth, nose or eyes. The virus can live on a surface up to 3 days.

It can take 2 to 14 days for a person to develop symptoms after initial exposure to the virus, Hirsch said. The average is about five days.

## Coronavirus incubation



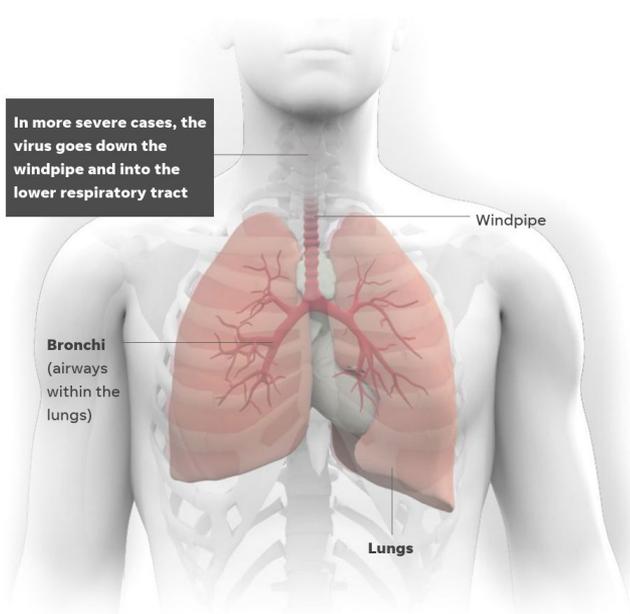


Once inside the body, it begins infecting epithelial cells in the lining of the lung. A protein on the receptors of the virus can attach to a host cell's receptors and penetrate the cell. Inside the host cell, the virus begins to replicate until it kills the cell.

This first takes place in the **upper respiratory tract**, which includes the nose, mouth, larynx and bronchi.

The patient begins to experience ***mild version of symptoms***: dry cough, shortness of breath, fever and headache and muscle pain and tiredness, comparable to the flu.

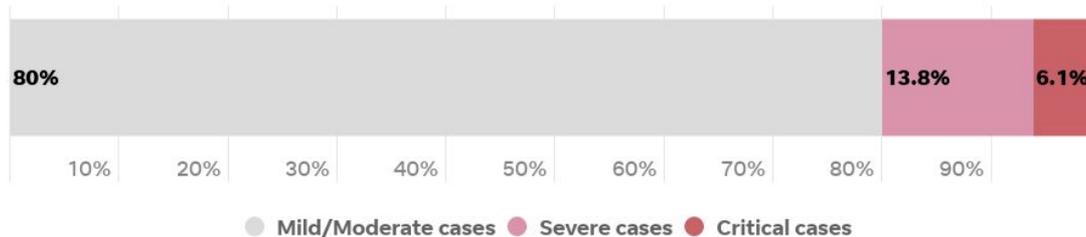
Dr. Pragya Dhaubhadel and Dr. Amit Munshi Sharma, infectious disease specialists at Geisinger, say some patients have reported gastrointestinal symptoms such as nausea and diarrhea, however it's relatively uncommon.

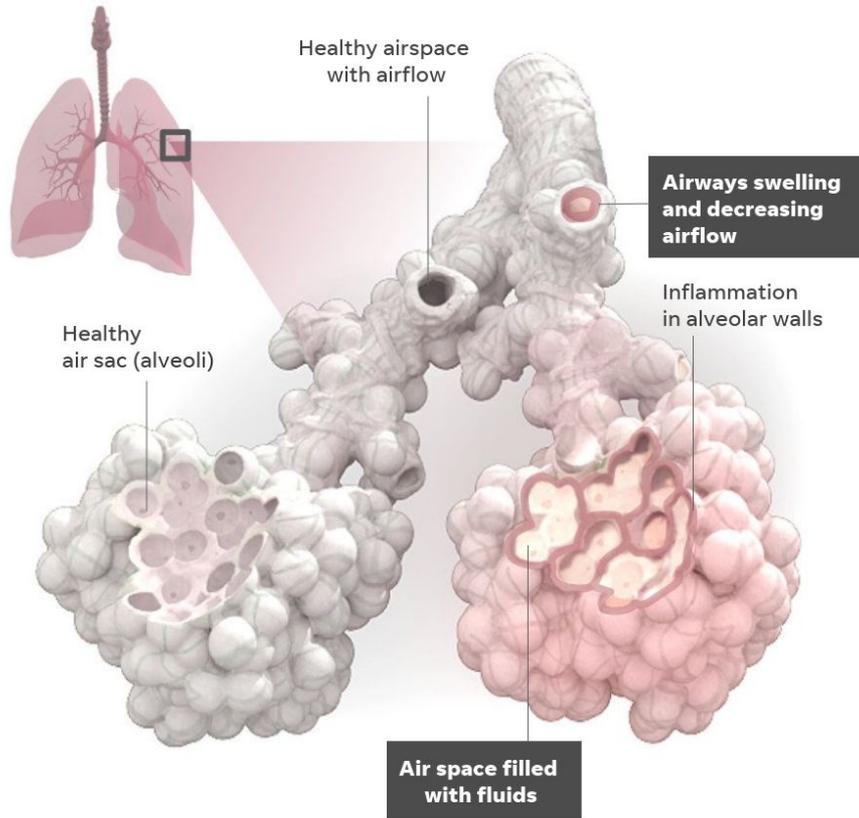


Symptoms become more severe once the infection starts making its way to the **lower respiratory tract**.

The 13.8% of severe cases and 6.1% critical cases are due to the virus trekking down the windpipe and entering the lower respiratory tract, where it seems to prefer growing.

As the virus continues to replicate and journeys further down the windpipe and into the lung, it can cause more respiratory problems like bronchitis and pneumonia.

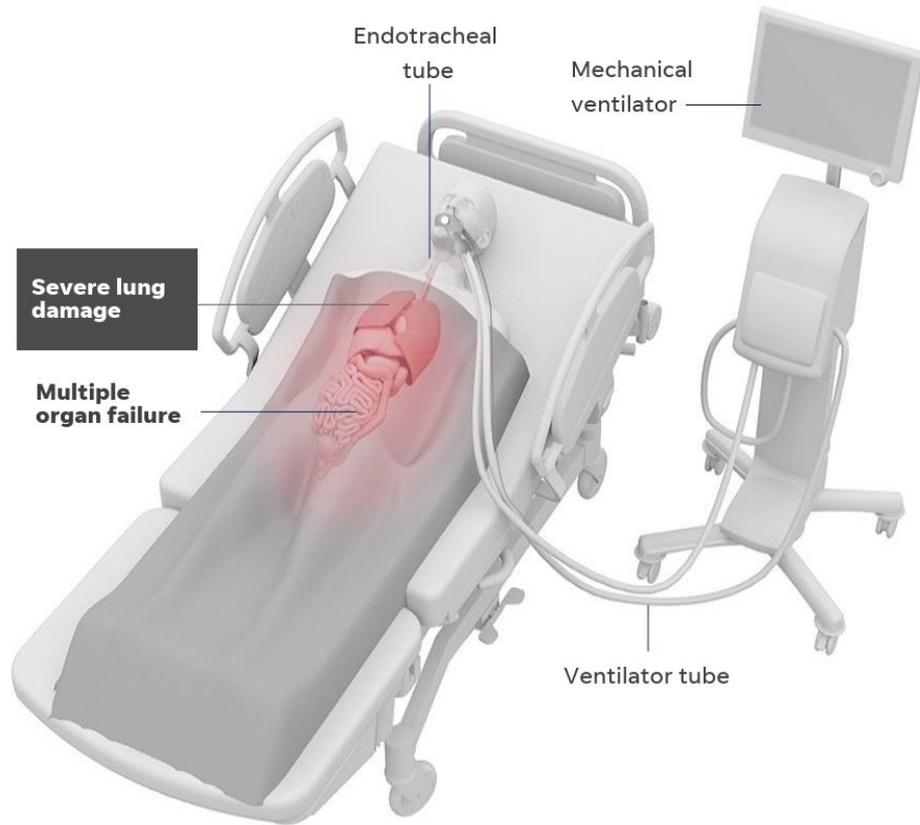




When pneumonia occurs, the thin layer of alveolar cells is damaged by the virus. The body reacts by sending immune cells to the lung to fight it off. "And that results in the linings becoming thicker than normal...As they thicken more and more, they essentially choke off the little air pocket, which is what you need to get the oxygen to your blood."

"So it's basically a war between the host response and the virus," Dr. Hirsch said. "Depending who wins this war we have either good outcomes where patients recover or bad outcomes where they don't."

Restricting oxygen to the bloodstream deprives other major organs of oxygen including the liver, kidney and brain.



In a small number of severe cases that can develop into acute respiratory distress syndrome (ARDS), which requires a patient be placed on a ventilator to supply oxygen.

However, if too much of the lung is damaged and not enough oxygen is supplied to the rest of the body, **respiratory failure could lead to organ failure and death.**

Viscidi stresses that outcome is uncommon for the majority of patients infected with coronavirus. **Those most at risk to severe developments are older than 70 and have weak immune responses. Others at risk include people with pulmonary abnormalities, chronic disease or compromised immune systems, such as cancer patients who have gone through chemotherapy treatment.**

Viscidi urges to public to think of the coronavirus like the flu because it goes through the same process within the body. Many people contract the flu and recover with no complications.



# STAY HOME. SAVE LIVES.

Help stop coronavirus

- 1 **STAY** home as much as you can
- 2 **KEEP** a safe distance
- 3 **WASH** hands often
- 4 **COVER** your cough
- 5 **SICK?** Call ahead

Why social distancing is critical to curbing the coronavirus pandemic Social distancing matters.

\*Click on link to watch 1 min 13 second video on social distancing\*