

COVID 19 GLOSSARY

We understand that we are living in scary times and there is a lot of confusion surrounding this pandemic. We have compiled a list of terms that the coronavirus pandemic has introduced to us. Understanding what they mean can help you protect yourself from infection and decrease anxiety.

Asymptomatic-Not showing any symptoms (signs of disease or illness). Some people without any symptoms still have and can spread the coronavirus. They are asymptomatic, but contagious. This also refers to people who have recovered from COVID 19 and no longer has symptoms.

Center for Disease Control (CDC)-The United States' federal health protection organization.

Close Contact-any individual who was within 6 feet of a COVID-19-positive person for at least 15 minutes starting from 2 days before that person's illness onset or positive test result.

The public health evaluation of close contacts to patients with laboratory-confirmed or probable COVID-19 may vary depending on the exposure setting.

Communicable-Contagious, diseases that can be spread or transmitted from one person to another.

Community Mitigation-There are several actions that individuals and communities can take to help reduce the spread of COVID-19 among their families, friends, and communities. In general, the more cases that exist in a community, the more likely COVID-19 will spread to others. Also, the more people an individual interacts with, and the longer each interaction lasts, the higher the risk of viral spread. Location can be a factor, too, with outdoor activities generally being less risky than indoor activities. Mask wearing, social distancing, and good hand washing are all mitigation strategies.



Community Spread-the local spread of the virus. This can include some people who are not sure how or where they became infected. Each health department determines community spread differently based on local conditions.

Confirmed Case-Someone tested and confirmed to have COVID-19.

Congregate Settings-Public places that can get crowded and where contact with infected people can happen. This includes places like malls, theaters, and grocery stores.

Contact Tracing-Contact tracing involves notifying contacts of confirmed cases to whom they may have been exposed. Contact tracing includes asking very detailed questions to assess activities leading to potential exposure. In addition, contact tracing includes guidance on isolation or quarantine, monitoring for signs and symptoms, and arranging testing when it is appropriate.

Coronavirus-A family of related viruses. Many of them cause respiratory illnesses. Coronaviruses cause COVID-19, SARS, MERS, and some strains of influenza, or flu.

COVID-19-The name of the illness caused by the coronavirus SARS-CoV-2. COVID-19 stands for "coronavirus disease 2019."

Epidemic-A situation where more cases of disease than expected happen in a given area or to a group of people.

Epidemiology-The branch of medicine that studies how diseases happen and spread in communities of people. A person who studies epidemiology is called an epidemiologist.

Flattening the Curve- Controlling the rate of new cases of COVID-19.

The "curve" refers to a graph showing the number of cases of COVID-19 that happen over a period of time. Many cases happening in a short period of time creates a graph that looks like a tall spike.

By using protective measures, we can slow down how many new cases happen. This is the "flattening" of the curve – on the graph, the flattened curve winds up looking more like a gentle hill.

Herd Immunity-'Herd immunity', also known as 'population immunity', is the indirect protection from an infectious disease that happens when a population is immune either through vaccination or immunity developed through previous infection. WHO supports achieving 'herd immunity' through vaccination, not by allowing a disease to spread through any segment of the population, as this would result in unnecessary cases and deaths.

Immunity-Your body's ability to resist or fight off an infection. Your immune system is a network of cells throughout your body that help you avoid getting infected and help you get better when you are infected.

Immunocompromised-Also called immune-compromised or immunodeficient. This describes someone who has an immune system that can't resist or fight off infections as well as most people. This can be caused by several illnesses. Some treatments for illnesses can also cause someone to be immunocompromised.

Incubation period-The time it takes for someone with an infection to start showing symptoms. For COVID-19, symptoms appear 2-14 days after infection.

Outbreak-A sudden increase of a specific illness in a small area.

Pandemic-When a new disease spreads to many countries around the world.

PPE-PPE Stands for personal protective equipment. This includes masks, face shields, gloves, gowns and other coverings that healthcare workers use to prevent the spread of infection to themselves and other patients.

Quarantine-Quarantines keep people away from each other to prevent the spread of disease. Stay-at-home orders are a type of quarantine.

Governments sometimes order quarantines to keep healthy people from exposure to infected people. They give rules to behavior and boundaries to movement.

SARS-CoV-2-Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) is the strain of coronavirus that causes coronavirus disease 2019



(COVID-19), the respiratory illness responsible for the COVID-19 pandemic.

Screening-Screening refers to a test or procedure that looks for diseases before people have symptoms. It's a series of basic questions about your health condition and recent history. Screening may also include other common healthcare procedures, like taking your temperature.

Self-Isolation-Separating yourself when you're sick from healthy individuals to prevent spreading illness.

Shelter in Place-An order for people to stay where they are and not leave for their own protection. A stay-at-home order is a kind of shelter-in-place order.

Social Distancing-Putting space between yourself and other people at all times. The goal is to slow down how fast an infection spreads.

The CDC recommends keeping at least six feet between you and others around you in public. Social distancing also includes avoiding crowds and groups in public.

Symptomatic-Symptomatic is used to refer to individuals who show symptoms of a disease. In the case of COVID-19 these symptoms may include cough, fever, loss of taste or smell, and others.

Testing

Antibody-This test looks for antibodies to the coronavirus. Antibodies are proteins your immune system produces to fight off a foreign invader, such as a virus. This test tells someone whether they were infected before.

PCR-A viral test detects virus in the individual at the time of testing and can only tell someone whether or not they are infected at that moment. If they test negative, they can still remain at risk of infection.

Antigen (Rapid test)-Similar to PCR test. Has much quicker turnaround time but is less accurate. These tests are more likely to miss an active infection.



Ventilator-A machine that supplies oxygen to a patient with severe lung issues. People with severe cases of COVID-19 can't provide enough oxygen to their body. Their lungs are too limited.

World Health Organization (WHO)- This United Nations organization monitors and protects public health around the world.

Source: *World Health Organization (WHO),
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