CORONAVIRUS DISEASE 2020 (COVID-19)  
Questions and Answers (FAQ's)

Due to quickly evolving information, recommendations may be subject to change and will be updated as needed.

Bridge the Gap - SYNGAP Education and Research Foundation prepared these FAQ's to address concerns from the SYNGAP1 Community and healthcare professionals regarding the COVID-19 outbreak. For a more comprehensive and up-to-date information refer to the Centers for Disease Control (CDC) website.

SYMPTOMS OF COVID-19

*Based on the previous incubation period associated with the Middle East respiratory syndrome (MERS)-related coronavirus.

The following symptoms may appear 2-14 days* after exposure to the virus.

- Cough
- Fever
- Shortness of Breath
- Diarrhea

RISKS OF ILLNESS

1. Can I get sick by touching a surface or object that has the virus on it?

- According to the CDC, coronavirus are generally thought to be spread from person-to-person through inhalation of respiratory droplets produces when an infected person coughs or sneezes.
- It may be possible to become ill by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes. *Wash your hands often and try not to touch your face unless you have just washed your hands.*
2. Who is at higher risk for serious illness from COVID-19?

- Older Adults
- People with a serious chronic medical condition such as:
  - Diabetes
  - Heart Disease
  - Lung Disease (e.g. COPD)
  - Hypertension
- Individuals on immunosuppressant's (see below)

3. What should people at higher risk of serious illness from COVID-19 do?

- The CDC recommends contacting your healthcare provider to ask about obtaining extra necessary medication** and supplies in case of an outbreak of COVID-19 in your local community, which may require you to stay home for a prolonged period. You may want to consider a mail-order vendor if you cannot obtain extra medication.
- Keep away from others who are sick.
- Avoid Crowds.
- Wash hands often.
- If an outbreak occurs in your community (e.g. workplace, school, church), stay home as much as possible and follow any specific recommendations made by local authorities.

**FDA DRUG SHORTAGES: Bridge the Gap - SYNGAP Education and Research Foundation is not aware of any current seizure medication shortages caused by COVID-19. Refer to the FDA Drug Shortage website for current information.

4. Should I wear a facemask to prevent contracting COVID-19?

- If you are sick wear a cloth covering over your nose and mouth
- You should wear a cloth face covering, over your nose and mouth if you must be around other people even at home).
  Note: During the COVID-19 pandemic, medical grade facemasks are reserved for healthcare workers and some first responders. You may need to improvise a cloth face covering using a scarf or bandana.

5. Is it safe for me or my loved one to go to work or school?

- On April 3, 2020, the White House announced a program called “30 Days to Slow the Spread,” which is a nationwide effort to slow the spread of COVID-19 through the implementation of social distancing at all levels of society.
- If COVID-19 is spreading in your community, the CDC recommends "social distancing" or taking extra measures to put distance between yourself and other people. This may include staying home as much as possible and avoiding crowds, especially in poorly ventilated places.
- If you must go out in public it is recommended to stand 6 feet apart from other individuals.
- Contact your local school's administration or your employer to see what steps they may be taking to keep students and/or staff healthy. For reference, see the CDC's school and childcare guidance.
6. Is it safe for me or my loved one to travel?
   - Based on the CDC’s guidelines for preparing for and preventing COVID-19, individuals with high risk factors should consider rescheduling planned trips to areas affected by COVID-19, particularly those with level 2 travel notices.
   - Avoid non-essential travel to destinations with level 3 travel notices because of the risk of contracting COVID-19.
   - Please refer to the [CDC](https://www.cdc.gov) and [Johns Hopkins](https://www.jhu.edu) maps for the latest information on affected areas.

7. Is it safe for me or my loved one to continue going to clinic appointments?
   - We recommend maintaining regular clinical care. If you have questions or concerns about an upcoming clinic appointment or if you are in an area affected by COVID-19, we recommend contacting your TSC Clinic for further instructions.
   - Please refer to the [CDC](https://www.cdc.gov) and [Johns Hopkins](https://www.jhu.edu) maps for the latest information on affected areas.

8. Will our children have the same accessibility as others to needed treatment if the system becomes overloaded?
   - We recommend maintaining calling your clinic to ask if they will have telemedicine available for non-emergency appointments. If it is an emergency, call 911 immediately.
   - Please refer to the [CDC](https://www.cdc.gov) and [Johns Hopkins](https://www.jhu.edu) maps for the latest information on affected areas.

9. What type of GI symptoms should we look for if infected with COVID-19?
   - GI symptoms are not uncommon with COVID, diarrhea can be a symptom.
   - Some patients also have nausea but without vomiting.
   - If families and patients have masks in their possession, it may be prudent to wear them and of course hand washing (20 sec) with soap is most important at this time.
   - See this recent pre-proof publication from American Journal of Gastroenterology.

RESOURCES AND REFERENCES

- [The CDC: Coronavirus Disease 2019 (COVID-19)](https://www.cdc.gov)
- [Johns Hopkins COVID-19 Global Cases Map](https://coronavirus.jhu.edu)
- [COVIDDigestiveSymptoms_AJG_Prepproof](https://www.cdc.gov)