ASTEC COVID-19 Update for Students and Faculty:
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Tough Times Call for Strong Hearts and Strong Will....

The news about the Covid-19 pandemic is grim these days. We need to understand that if we are not part of the first responder network or on the front lines in clinics and hospitals around the country, we need to stay isolated in our homes. Each of us, as Americans, needs to realize that it is our duty to isolate ourselves and be strict about it in order to permit our healthcare system to handle the cases that are already out there and overwhelming it. So, stay at home and help your country.
The Pandemic continues to spread and worsen...death rates are climbing
The US continues to be a major source of COVID-19 deaths because of high number of individuals infected....
Arizona’s situation is worsening quickly....
What can we expect....

Remember: this is only modeling and there are some uncertainties
We must anticipate a lot more deaths in Arizona....
Our colleagues, our co-workers, and ourselves are all at risk of contracting COVID-19
This *not* the flu....

### How seasonal flu and Covid-19 compare

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<tr>
<th></th>
<th>FLU</th>
<th>COVID-19</th>
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<tbody>
<tr>
<td><strong>RO number</strong></td>
<td>1.3</td>
<td>2-2.5</td>
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<tr>
<td>Estimate of how many people will be infected by an average individual with the disease.</td>
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<td><strong>Incubation time</strong></td>
<td>1-4</td>
<td>1-14</td>
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<td>The time from exposure to first symptoms</td>
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<tr>
<td><strong>Hospitalization rate</strong></td>
<td>2%</td>
<td>19%</td>
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<td>Average percentage for total cases</td>
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<tr>
<td><strong>Case fatality rate</strong></td>
<td>.1% or less</td>
<td>1-3.4%</td>
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<td>Percentage of reported deaths among total cases</td>
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Sources: CDC, WHO, NCBI
The modeling works and we need to pay close attention to it.....
Take care of our heroes....

• One of our grave concerns is risk of COVID-19 infection to first responders & healthcare providers
Taking care of ourselves

• Rose, C: Am I Part of the Cure or Am I Part of the Disease? Keeping Coronavirus Out When a Doctor Comes Home, NEJM, March 18, 2020

Some more good medical references about “the Beast” (COVID-19):

Tough times, tough decisions...


ACE Inhibitors and Covid-19...

Critical PPE and drug shortages...

The new ASTEC facility may be empty for now...but the ASTEC team is working 7 days a week to come up with educational and training alternatives to get us through the Covid-19 crisis. We will be sending you an update on some fresh approaches we are using to address our educational and clinical needs.

- Be safe. Be strong. Be kind.

“Continuous effort not strength or intelligence is the key to unlocking our potential.” –Winston Churchill