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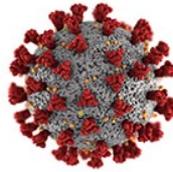
**Editor**

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*“if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.”*

2 Chronicles 7:14 (NIV-New International Version)



## The Coronavirus 2019 or COVID 19 Pandemic

### COVID-19 Testing- What's up with COVID-19 Testing

Most of us have heard about Coronavirus (COVID-19) as a full blown pandemic throughout the world. The main reason for the swiftness and enormous morbidity and mortality associated with the disease is that it is **NEW**: the scientific, research and clinical communities have never seen this particular virus before and are learning about it as the pandemic unfolds. Along with learning about it is how it spreads, how long the incubation period is, how many people are infected which is a part of the study of epidemics by epidemiologists. The additional complication is currently there is no cure for the virus.

So far, we are still learning that it appears to be spread through respiratory droplets through the air, that persons can spread disease even with no symptoms for as long as 2 weeks, the answer to how many people are infected will be dependent on how well we can develop tests to catch the disease early enough to prevent complications (usually respiratory) and to surveillance entire populations. Treatments are currently being tested as well as development of a vaccine (which would potentially protect populations), but these medical advances may take up to a year or two to become available.

In the meantime, COVID-19 testing remains one of the only tools we can use to begin to tackle the pandemic and because we are so early in the pandemic, we only have rough data on actual prevalence of the disease throughout the world. Currently, most of the COVID-19 testing kits are more **diagnostic** and directly measure the virus in order to better triage patients who need early supportive treatment. The test can be done on respiratory samples obtained by various methods, including nasopharyngeal swab or sputum sample. Results are generally available within a few hours to multiple days. Molecular methods leverage polymerase chain reaction (PCR) along with nucleic acid tests, and other advanced analytical techniques, to detect the genetic material of the virus using real-time reverse transcription polymerase chain reaction for diagnostic purposes. Of course, because of the complexities of the tests for preparing specimens and measuring which involves a multi-step process as well as the lack of capacity for companies making test kits and laboratories available to test, there were many hiccups in smooth transition for testing. Here in the US, at the beginning of the epidemic, only the CDC and health departments had tests with some early. As of this date, more private companies are developing kits, with distribution to more hospitals and primary care providers and more laboratory sites are available to get results back to providers faster. This has all been possible through emergency policies by the President of the US and special emergency rules by the FDA for expanding testing kits. Additionally, plans have



## Information Resources on COVID-19 Testing

[https://en.wikipedia.org/wiki/COVID-19\\_testing](https://en.wikipedia.org/wiki/COVID-19_testing)

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

Abbott 5 minute test: <https://www.barrons.com/articles/abbott-laboratories-stock-fda-5-minute-test-for-covid-19-51585590770>

Immunity testing: <https://www.vox.com/2020/3/30/21186822/immunity-to-covid-19-test-coronavirus-rt-pcr-antibody>

Other companies in the game of testing: <https://www.npr.org/sections/health-shots/2020/03/28/822869504/why-it-takes-so-long-to-get-most-covid-19-test-results>

U-FL research study of 600 individuals without symptoms. NONE were positive. <https://www.clickorlando.com/news/local/2020/03/30/600-asymptomatic-patients-in-the-villages-tested-for-covid-19-here-are-the-results/>

**1** regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

**FACT 2** For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

**FACT 3** Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.



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**FACT 4** There are simple things you can do to help keep yourself and others healthy.

- 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.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

**FACT 5** You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

[cdc.gov/COVID-19](https://www.cdc.gov/COVID-19)