

COVID-19 Contact Tracing: How to Motivate Contacts to Test – Let's "CHAT"

C

Complications of Untreated Disease

- Having COVID-19 and not seeking care can lead to pneumonia or breathing difficulties or even death.
- Older adults and people who have severe underlying medical conditions, such as heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.
- Being elderly and having other illnesses greatly increases the risk of dying from COVID-19.

H

HIV and COVID-19 Connection

- The risk for people who are living with HIV and becoming very ill with COVID-19 is greatest in people with a low CD4 cell count, and people not on HIV treatment (antiretroviral therapy or ART).
- People living with HIV can also be at increased risk of getting very sick with COVID-19 based on their age and other medical conditions.

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Asymptomatic Nature of Disease

- Many people who test positive for COVID-19 commonly have mild or no symptoms and inadvertently transmit the virus to others, potentially many others. The sooner one knows his/her status; the sooner one can get care and avoid serious health issues.

T

Transmission

- COVID-19 is thought to spread mainly from person to person, through respiratory droplets produced when an infected person coughs or sneezes.
- Droplets from coughs or sneezes can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs causing infection.
- COVID-19 spread is more likely when people are in close contact with one another (within about 6 feet).
- COVID-19 seems to be spreading easily and sustainably in the community.

