

A MESSAGE FROM THE HEALTH COMMISSIONER

Dear Community Members:

Disease progression is the way an illness or disease affects a person as it changes from its early stages all the way through to recovery. Health experts have studied the unique disease presentation of COVID-19 since the pandemic began. While there is still more to learn, researchers have found a standard progression of illness that public health is using in our disease investigation of COVID-19.

Medina County Health Department has developed a graphic to show the progression of viral spread once someone is exposed. We wanted to help everyone understand why social distancing and wearing a mask is important even when feeling healthy.

For this disease, the time from exposure to symptoms is typically 4-6 days but can be up to 14 days. As you can see in the graph, in the first few days prior to symptom onset, an infected individual could be contagious and spread the virus to others without even knowing it. The infectious period can then last up to ten days. It is during those 8-10 days that disease can spread.

Everyone is aware of the need to be cautious around others when you are ill, but those 1-3 days before you feel ill is when we are seeing COVID-19 spread within families, social groups, and even workplaces. People are not intentionally making others sick, it is the nature of this virus to replicate within a human body and be able to move again before we are aware.

Isolating during this time is essential. Community spread is occurring in Medina County and across our region. While you may feel like you aren't at high risk of becoming seriously ill, others around you could be. Our individual decisions to protect one another will determine what happens in our community in the coming months.

My hope is that learning the disease progression of this particular virus will reinforce the importance of isolation/quarantine, social distancing, wearing a mask, and letting public health officials know of people you may have come into contact with during an infectious period. The virus travels through people, and making these efforts to limit exposure is the only way we will stop the spread.

Update on Testing

If you are waiting on test results from any provider, please assume you have COVID-19 and self-isolate, even if you are feeling better. We have seen more and more reports of people testing positive with mild symptoms, mimicking summer colds or allergies. Even if you are feeling better, you could still be able to expose someone to the virus who may become very sick.

Where can I find the latest travel information?

Medinahealth.org has the latest information for you and your family on traveling safely this summer. Click [here](#) for frequently asked travel questions or go to <https://medinahealth.org/community/current-outbreaks/travel/> for maps and resources.

