Coronavirus – Information for the NBA Community

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Coronaviruses are a type of viruses that are common in many different species of animals and can occasionally infect and spread between people.

An outbreak of novel (new) coronavirus was detected in Wuhan City, Hubei Province, China in December 2019.

The disease caused by this virus has been named “coronavirus disease 2019” (often called “COVID-19”).
Background – Transmission

How does COVID-19 spread?

- COVID-19 is thought to spread mainly from person-to-person by:
  - Airborne droplets produced when an infected person coughs, sneezes or talks
  - Contact between people who are close to one another (within about 6 feet)

- Several recent studies have shown that spread is possible from infected individuals who are not showing symptoms

- Infected individuals are thought to be most contagious when they first develop symptoms

- It may also be possible for a person to get COVID-19 by touching a surface or object* that has the virus on it and then touching their own mouth, nose, or eyes

* COVID-19 may remain alive on a variety of surfaces for hours to days
Background – Symptoms

What are the symptoms of COVID-19?

- Symptoms of COVID-19 infection typically begin 2-14 days after exposure
- Most patients have mild symptoms, including:
  - Cough
  - Shortness of breath or difficulty breathing
  - Fever
  - Chills
  - Muscle pain
  - New loss of taste or smell
  - Sore throat
- A small percentage of patients have severe or critical disease, which may include*:
  - Difficulty breathing or shortness of breath
  - Persistent pain or pressure in the chest
  - New confusion or inability to wake or stay away
  - Bluish lips or face

* Some people may experience different symptoms with COVID-19 infection

Please consult your physician for any other symptoms that are severe or concerning
Background – High Risk for Serious Illness

Who is most at risk for serious illness from COVID-19?

• People at higher risk for serious illness from COVID-19 are defined by the CDC as:
  - Individuals older than 65
  - People who live in a nursing home or long-term care facility
  - People who are immunocompromised or have serious chronic medical conditions, such as:
    • Heart conditions
    • Lung disease
    • Moderate to severe asthma
    • Diabetes
    • Severe obesity (body mass index [BMI] >40)
• People who are pregnant should be monitored (although increased risk for COVID-19 has not been shown)
• Individuals who meet the CDC’s high risk criteria should consult with their personal physician to evaluate how best to reduce their risk of exposure, and further should:
  - Stay home as much as possible
  - Wash hands often
  - Take everyday precautions to keep space between themselves and others
  - Stock up on supplies
The World Health Organization (WHO) characterized COVID-19 as a pandemic on March 11.

**Situation Overview – As of June 22, 2020 (approx. 8pm ET)**

**What is the current situation worldwide?**

The World Health Organization (WHO) characterized COVID-19 as a pandemic on March 11.

- The classification of “pandemic” reflects the severity, impact, and rate of spread of the disease, with observed spread across the globe.

- COVID-19 cases have been reported in over 215 countries/regions worldwide, resulting in:
  - Over 8,860,331 confirmed cases
  - Over 465,700 deaths

Additional Resource: Johns Hopkins CSSE aggregates data from multiple health authorities to provide near real-time COVID-19 statistics (link [here](#))
Situation Overview – As of June 22, 2020 (approx. 8pm ET)

What is the current situation in the U.S. and Canada?

The most recent situation from the CDC and the Public Health Agency of Canada is:

- Nearly all 50 states, including all NBA teams' jurisdictions, are currently some form of stay-at-home or shelter-in-place directive
- The CDC and Public Health Agency of Canada have confirmed:
  - 119,923 deaths in the U.S.; 8,436 deaths in Canada
  - Confirmed cases and person-to-person spread in all 50 U.S. states, District of Columbia, Puerto Rico, Guam, Northern Marianas, and US Virgin Islands
  - Confirmed cases and person-to-person spread in all 10 Canadian provinces and two territories

Additional Resource: Johns Hopkins CSSE aggregates data from multiple health authorities to provide near real-time COVID-19 statistics (link here)
The health and safety of NBA players, coaches, staff, and fans is paramount

The NBA suspended the 2019-20 season on March 11

The NBA is closely monitoring the COVID-19 situation and is consulting with the CDC and leading medical experts with expertise in infectious disease and public health

The NBA is coordinating its responses with teams, focusing promoting the community mitigation and prevention strategies recommended by the CDC

The NBA is focused on supporting, engaging, educating, and inspiring fans in response to the coronavirus pandemic, including through the NBA Together campaign, and on promoting their health and safety

The NBA will continue to work with leading experts and team physicians to provide up-to-date information and guidance
Prevention & Treatment

What can I do to limit the risk of COVID-19 for me and my family?

• There are currently no medications to prevent or treat COVID-19

• Following prevention and precaution strategies from the CDC, WHO and other health experts remains the best way to limit your exposure and prevent the spread of germs:

  1. The best way to prevent illness is to avoid being exposed to the virus
  2. Wash your hands often with soap and water for at least 20 seconds – if soap and water are not available, use an alcohol-based hand sanitizer
  3. Stay home as much as possible
  4. If you have to go out in public, practice social distancing and wear a cloth face mask
  5. If you’re feeling sick, call your healthcare provider immediately and wear a face mask around other people
  6. Wash or sanitize your hands before eating
  7. Avoid touching your eyes, nose, and mouth
  8. Avoid close contact with people who are sick
  9. Cover your cough or sneeze with a tissue, then throw the tissue in the trash
  10. Clean and disinfect frequently touched objects and surfaces

• Please watch this video from the CDC for handwashing best practices (link: https://www.cdc.gov/handwashing/)
Prevention & Treatment – Social Distancing

Should I stay home if COVID-19 is spreading in my community?

- If COVID-19 is spreading in your community, stay home as much as possible to further reduce your risk of exposure.

- If you do leave your home, maintain distance between yourself and others – this is known as “social distancing”.

- The CDC and WHO suggest you keep at least 6 feet between yourself and others when out in public.

- Social distancing is important because infected individuals may not have any symptoms of illness when contagious, so this is the best way to protect you, and others, from COVID-19.

- These efforts help reduce the number of COVID-19 cases to reduce the pressure on the healthcare system.

Flattening the curve

Mitigation efforts can help to reduce the number of daily cases and to reduce the pressure on the healthcare system.

SOURCE: CDC
Prevention & Treatment – Masks

Should I wear a facemask?

• The CDC recommends wearing cloth face masks in public settings where social distancing efforts are difficult to maintain (e.g., grocery stores and pharmacies) and especially in areas of significant community-based transmission
  - The CDC emphasizes that maintaining social distancing (at least 6-feet in public) settings and practicing good hand hygiene (frequent hand-washing with soap and water or alcohol rubs) remain the most effective ways to limit transmission of the virus

• The cloth face coverings recommended are not surgical masks or N-95 respirators, which the CDC and WHO recommend be reserved for healthcare workers and other medical first responders

• For more information on masks, please watch this WHO video (link: https://youtu.be/Ded_AxFfJoQ)
Prevention & Treatment – Masks

How should I wear and remove a mask or face covering?

• The CDC recommends individuals wearing masks or face coverings take the following steps:
  − **Wash your hands with soap and water** (or alcohol-based hand rub) before putting on a mask or face covering
  − **Ensure that your mask or face covering fits properly** without gaps around your face
  − **Avoid touching your mask or face covering** (or your face) while wearing it
  − **Cloth face coverings should be regularly washed** preferably by washing machine (do not re-use single use masks)
  − **Be careful not to touch your eyes, nose, and mouth when removing your face covering** (whenever possible, remove masks from behind) and dispose single use masks into a closed bin immediately
  − **Wash your hands with soap and water** (or use alcohol-based hand rub) immediately after removing and/or disposing the mask.

• For more information on masks, please watch this WHO video (link: https://youtu.be/Ded_AxFfJoQ)