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## **PODCAST | Understanding SARS-CoV-2 and COVID-19**

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Hundreds of thousands of people across the world have developed coronavirus disease 2019, or COVID-19, a respiratory syndrome caused by the severe acute respiratory syndrome coronavirus 2, or SARS-CoV-2. In this episode, STPF fellow Dr. Vince Tedjasaputra provides some important facts about the virus and the disease. Much of the information comes from a document called “How to fight the coronavirus SARS-CoV-2 and its disease COVID-19” by Dr. Michael Z. Lin, a biochemist at Stanford School of Medicine’s Department of Neurobiology. Dr. Lin’s document lists basic facts about the coronavirus, its rate of infection, who is most at risk, and what we can do now to slow the spread of the virus. Dr. Tedjasaputra also provides personal tips on how to manage stress during this

time.

## **Participants**

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