

## COVID-19 General Information

With the increase in number of COVID-19 (Coronavirus), we understand you may have some questions. Below is some helpful information on COVID-19 (Coronavirus).

### How can I protect myself and others from the COVID-19 (Coronavirus)?

Because there is currently no vaccine to prevent infection, the best way to protect yourself is to avoid being exposed to this virus. The **Centers for Disease Control and Prevention (CDC)** recommends the following additional steps:

- 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.
  - Use an alcohol-based hand sanitizer that contains at least 60 percent alcohol if soap and water are not available.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

### You can help stop COVID-19 (Coronavirus) by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath
- Loss of taste or smell
- Fatigue/ muscle aches

### Contact your healthcare provider if you:

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 (Coronavirus) or live in or have recently traveled from an area with ongoing spread of COVID-19 (Coronavirus). Call ahead before you go to a doctor's office or emergency room. Tell them about your recent travel and your symptoms.

For the most up to date information, visit the [CDC's website](#).

## **Steps to help prevent the spread of COVID-19 (Coronavirus) if you are sick**

If you are sick with COVID-19 (Coronavirus) or suspect you are infected with the virus that causes COVID-19 (Coronavirus), follow the steps below to help prevent the disease from spreading to people in your home, school, and community.

- Stay home except to get medical care. Home isolation may be started in consultation with your healthcare clinician.
- Separate yourself from other people and animals in your home.
- Call ahead before visiting your doctor if you have a medical appointment.
- Wear a facemask when you are around other people.
- Cover your cough and sneezes.
- Clean your hands often.
- Avoid sharing personal household items.
- Clean and disinfect frequently touched objects and surfaces every day.
- You will need to have someone drop off medications or household supplies (if needed) at your house without coming inside or in contact with you or others living in your house.
- Monitor your symptoms and seek prompt medical care if your illness is worsening (e.g., difficulty breathing).
- Discontinue home isolation only in consultation with your healthcare provider.

For more detailed and up to date information on what to do if you are sick, visit this link: [What to Do If You Are Sick With Coronavirus Disease 2019 \(COVID-19\)](#).

## **Do I need to be tested for COVID-19 (Coronavirus)?**

- At this time, the limited number of tests available are controlled by the state and local health departments and are being reserved for more seriously ill patients, those with known exposure to confirmed patients, and those with recent travel (within 14 days) to countries with high rates of COVID-19 (Coronavirus).
- Decisions on which patients receive testing will be based on the local spread of COVID-19 (Coronavirus) as well as the symptoms. Your healthcare provider will make the final decision on whether you should be tested.
- In the meantime, if you have concerns that you may have been exposed, it is reasonable to practice "social distancing." If you are ill with a cold or flu-like illness, please monitor your symptoms and reach out to your healthcare provider if your symptoms worsen.

- For more up to date information, visit this link: [COVID-19 \(Coronavirus\) Frequently Asked Questions and Answers](#).