

March 12, 2020

Coronavirus-19 (COVID-19) – Patient Education

How can I protect myself and my family?

- Wash your hands frequently and thoroughly with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with 60% to 95% alcohol.
- AVOID touching your face, especially your eyes, nose and mouth.
- AVOID shaking hands and hugs – Handshakes transfer up to 10 times more germs.
- Respiratory Etiquette:
 - Cover coughs and sneezes with a tissue and immediately discard in trash. Immediately wash your hands for 20 seconds with soap and warm water or clean with hand sanitizer.
 - When a tissue is not available cough into the crook of your arm.
- Clean and disinfect frequently touched objects and surfaces, such as door-knobs, cell phones, and countertops.
- Take care of yourself – we have a much better immune response when we are well rested with regular eating, exercise and stress reduction measures.
- CDC does NOT recommend that people who are well routinely wear a facemask to protect themselves from respiratory diseases, including COVID-19.
- If you become ill with fever and cough, stay home and self-isolate. Call your physician if you develop significant shortness of breath or other concerning symptoms.

Who should be tested for COVID-19

The CDC recommends testing for the groups of patients listed below. If you do not meet the CDC testing criteria, there is no reason to be tested or concerned at this time.

1. Travelers to high risk areas designated by the CDC who have symptoms of COVID-19 infection.
2. Persons exposed to a laboratory documented COVID-19 patient who have symptoms of COVID-19 infection.
3. Health care workers with compatible symptoms in order to determine fitness for work.
4. Patients with compatible symptoms being admitted in order to guide infection prevention plans, isolation etc.
5. Older persons, including people with chronic medical conditions that would put them at risk for a worse outcome (COPD, CHF, DM, CKD, immune suppression, etc.).