

## **Novel Coronavirus (COVID-19)**

### **The Facts**

#### **What is a coronavirus?**

Coronaviruses are a large family of viruses that cause illnesses ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

#### **What is Novel Coronavirus (COVID-19)?**

COVID-19 is a new strain of Coronavirus that has not been previously identified in humans. COVID-19 was identified in Wuhan City, Hubei Province, China in December 2019 (COVID-19). COVID-19 has since been identified outside of China, in a growing number of countries internationally, including the United States.

#### **Where can I find the most recent information about COVID-19?**

The Centers for Disease Control and Prevention (CDC) is closely monitoring the outbreak caused by the COVID-19. For the latest information about COVID-19, visit the CDC website at <https://www.cdc.gov/coronavirus/index.html>

#### **How are coronaviruses spread?**

Coronaviruses can be transmitted from person-to-person, usually after close contact with an infected person, for example, in a household, workplace, or healthcare setting via droplets that become airborne after a cough or sneeze by an affected person. These droplets can then infect a nearby person. It is likely transmission also occurs by touching recently contaminated surfaces.

#### **What are the symptoms of coronavirus infection?**

It depends on the virus, but common signs include fever and/or respiratory symptoms such as cough and shortness of breath. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death. Fortunately, most cases of COVID-19 have an illness no different than the influenza “flu”. With a majority of these patients having mild symptoms and overall mortality which appears to be not much different than the flu.

#### **Is there a treatment for a COVID-19?**

There is no specific treatment for disease caused by COVID-19. However, many of the symptoms can be treated based on the patient’s clinical condition. Supportive care for infected persons can be highly effective.

#### **What can I do to protect myself?**

Washing your hands, covering your cough, and disinfecting surfaces are the best precautionary measures. It is also advisable to avoid close contact with anyone showing symptoms of respiratory illness such as coughing and sneezing. Those with symptoms should wear a surgical mask when around others.

#### **What can I do to protect those around me?**

If you have been identified as someone who may be infected with COVID-19, we recommend you follow the self-isolation procedures outlined below to protect those around you and limit the spread of this virus.

## **Recommendations for Patients Advised to Self-Isolate for Possible COVID-19 Exposure**

**We recommend the below precautionary steps from now until 14 days from when you returned from your travel or date of your last known possible contact:**

- Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.
- As much as possible, separate yourself from other people in your home. If you can, you should stay in a room and away from other people in your home. Also, you should use a separate bathroom, if available.
- Wear the supplied mask whenever you are around other people.
- If you have a non-urgent medical appointment, please reschedule for a later date. If the appointment is urgent, please call the healthcare provider and tell them that you are on self-isolation for possible COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed. If you can reschedule routine appointments, do so.
- Wash your hands often with soap and water for at least 15 to 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.
- Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands.
- Avoid touching your eyes, nose, and mouth with your hands.
- Avoid sharing personal household items. You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.
- Clean and disinfect all "high-touch" surfaces every day. High touch surfaces include counters, tabletops, doorknobs, light switches, remote controls, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them.

## Self-Monitoring Log:

We recommend utilization of the following tool to help track your progress and recovery.

Symptoms	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Fever more than or equal to 100.4 °F AM														
Fever more than or equal to 100.4 °F PM														
Cough														
Shortness of Breath														
Sore Throat														
No Symptoms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### If you develop worsening symptoms:

- If you develop worsening symptoms, such as severe shortness of breath, please call (516) 719-5000 option #9. They will assist you in determining your next steps.

### During your time on self-isolation do the following:

- Work from home if you are able to so.
- Limit social isolation by talking with friends and family on the phone or with face-time
- Talk with friends and relatives who don't live with you about supporting each other if one household has to be quarantined. For example, agree to drop groceries or other supplies at the front door.
- Exercise and spend time outdoors away from others if able to do so.