WHAT YOU NEED TO KNOW ABOUT CORONAVIRUS
COVID-19 VIRUS

The COVID-19 virus, known as "Coronavirus", is a respiratory virus that can spread from person to person. Symptoms associated with the virus are:
- Mild to severe fever
- Cough and/or shortness of breath

Most patients with a viral respiratory condition, including Coronavirus, will not need to be seen in the clinic if they are experiencing mild symptoms. Patients with moderate to severe symptoms and/or those with complex chronic conditions need to be evaluated. Clinicians, in consultation with local public health, may determine whether a patient is a candidate for COVID-19 testing through a screening process.

When should you contact your clinic?
- Fever over 100.4 degrees for more than 72 hours
- Shortness of breath
- • Dehydration

How can I help protect myself?
People can help protect themselves from respiratory illness with everyday preventive type actions.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should:
- 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.

There are no antiviral medications to treat COVID-19 and treatment recommendations include:
1. **Stay home**
2. **Rest**
3. **Drink fluids**
4. **Take fever-reducing medications (Tylenol/Acetaminophen/Ibuprofen)**.

If you are concerned about moderate to severe symptoms, please contact your Doctor or Clinic.