

# COVID19 Update

- ❖ On March 11<sup>th</sup>, 2020, the World Health Organization characterized COVID-19 as a pandemic.
- ❖ Please note, we do NOT have testing kits, vaccines or remedies for this virus at our office!
- ❖ If you suspect you may have COVID19 & your symptoms are mild, moderate or severe, please contact your primary care physician and/or call the ER to discuss your symptoms and possibility of testing and quarantine.
- ❖ **Older adults and people who have severe underlying chronic medical conditions** like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness. Please consult with your primary health care provider about additional steps to keep you protected.
- ❖ **We are continuing to treat patients at our office. However, please do not come to the office if you are experiencing any of the following symptoms: fever, chest discomfort, cough, or shortness of breath.** Any patients shown to be experiencing these symptoms will not be treated in our office, but will instead be directed to contact their primary care physician or the ER for possible COVID19 testing first. **If you are unsure regarding what to do, please call our office first at 203-325-2661. If you believe you may have been exposed, please reschedule your non emergency appointment to a minimum of 14 days from symptoms/exposure.**
- ❖ More information on COVID19 is available from State officials – they have launched a coronavirus information hotline - people with questions can call 211 or text “CTCOVID” to 898211.
- ❖ **Please do not come to our office if you may have been exposed to the coronavirus via travel or have had contact with others who have the virus, even if you are not currently experiencing symptoms.** (If it is an emergency-please call first!). The incubation period for COVID-19 is estimated to be between 1-14 days, so please use best judgment & err on the side of caution.
- ❖ For an up to date list of current cases in Connecticut, visit: <https://portal.ct.gov/Coronavirus>. The Connecticut Department of Public Health (CT DPH) is providing updated information on the state and federal response to the Coronavirus.
- ❖ We continue monitoring the situation regarding COVID-19 & its status in our area. If any changes are made to our schedule, we will notify you immediately. Please stay safe & healthy during this time! Thank you again for your understanding.

# COVID19 Useful Information

## How it Spreads:

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

## Steps to Protect Others:

- Stay home if you're sick
- Cover coughs and sneezes
- Wear a facemask if you are sick
- Clean AND disinfect frequently touched surfaces daily (example: doorknobs, keys, phone, remotes)

## Steps to Protect Yourself:

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol.** Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.
- Avoid close contact with people
- **Avoid any contact** with people who are sick
- Put **distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.
- Boost your immunity, drink lots of water & maintain hygiene
- Stay up to date with evolving information at <https://portal.ct.gov/Coronavirus>



# HEALTH ALERT: Coronavirus Disease 2019 (COVID-19)

You have traveled to a country with an outbreak of COVID-19 and are at higher risk.  
COVID-19 is a respiratory illness that can spread from person to person.

## Stay Home

Stay home for the next 14 days and monitor your health. Take your temperature with a thermometer two times a day and watch for symptoms.

## If you feel sick and have symptoms:

- Call ahead before you go to a doctor's office or emergency room.
- Tell the doctor about your recent travel and your symptoms.
- Avoid contact with others.
- Do not travel while sick.

## Symptoms

Illnesses have ranged from mild symptoms to severe illness and death. Symptoms may appear 2–14 days after exposure.

## Symptoms can include:



Fever (100.4°F/38°C or higher)



Cough



Shortness of breath

Visit the website for more information on monitoring your health and how to contact local public health officials. Visit: [www.cdc.gov/COVIDtravel](http://www.cdc.gov/COVIDtravel)



# STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)



# H Y G I E N E T I P S

# DETENGA LA PROPAGACIÓN DE LOS MICROBIOS

Ayude a prevenir la propagación de virus respiratorios como el nuevo COVID-19.

Evite el contacto cercano con las personas enfermas.



Cúbrase la nariz y la boca con un pañuelo desechable al toser o estornudar y luego bótelos a la basura.



Evite tocarse los ojos, la nariz y la boca.



Limpie y desinfecte los objetos y las superficies que se tocan frecuentemente.



Quédese en casa si está enfermo, excepto para buscar atención médica.



Lávese las manos frecuentemente con agua y jabón por al menos 20 segundos.



Para obtener más información: [www.cdc.gov/COVID19-es](http://www.cdc.gov/COVID19-es)

