

HEALTH ALERT

Coronavirus Disease 2020 (COVID-19)

FAQ

Putting your health first.



What is the Coronavirus disease (COVID-19)?

COVID-19 is caused by a virus known as the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). It can cause fever, cough and trouble breathing, like the common cold or influenza. In severe cases, COVID-19 patients can develop pneumonia, an infection involving the lungs.

Who is at risk of contracting the virus?

- People who live, work or travel in regions where COVID-19 is spreading
- People of older age and with medical conditions, such as diabetes and heart disease

What are the symptoms of COVID-19?

About 2 to 14 days after exposure to COVID-19, symptoms may include:

- Fever
- Cough and/or shortness of breath

What should I do about my symptoms?

There is no medicine to treat the virus. Continue to take your usual medicines that your doctor ordered for you while you are not feeling well. Treat symptoms such as fever or cough as your doctor recommends.

Specific recommendations include:

- Take acetaminophen (Tylenol, others) or ibuprofen (Advil, Motrin, others) to reduce fever and aches.
- Drink plenty of fluids, such as water, sports drinks or soups.
- Get plenty of rest.

How can I avoid getting the virus?

There is currently no vaccine to prevent COVID-19. To prevent the spread of this virus:

- Avoid close contact with people who are sick.
- If you are sick, stay home.
- Cough or sneeze into a tissue or your arm or sleeve.
- Clean and disinfect regularly-used objects and surfaces.
- Avoid touching your face, mouth, nose or eyes. The virus can be spread if you touch an infected surface and your face.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; after touching surfaces such as an elevator buttons and phones and after blowing your nose, coughing or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- The CDC does not recommend that people who are healthy wear a facemask to protect themselves from respiratory diseases, including COVID-19. Facemasks should be worn only by people who show symptoms of COVID-19 to help prevent the spread of the disease to others.

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For more information, visit monvalleyhospital.com.

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FAQ Continued

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What should I do if I have been exposed to someone who has COVID-19?

Stay home. Call your doctor if you develop a fever and symptoms of respiratory illness, such as cough or difficulty breathing.

Do I need to be tested?

Your care provider will review both your symptoms and your specific risk for having the COVID-19 virus. Using the latest direction from the Centers for Disease Control and Prevention, your care provider will determine if your current medical condition requires testing. Testing will not be offered if your condition does not meet the testing guidelines.

My physician says I do not meet testing requirements, what do I do now?

Return home and continue with the usual care when you are sick. If your symptoms do not get better, or they get worse, call your Primary Care Provider.

I have been tested, what do I do while waiting for results?

Once home, you should stay at home until you receive your results. If your test is positive, you will be notified by your PCP, local health department or the PA Department of Health to review results and the next steps you need to take.

Call 911 anytime you think you may need emergency care. For example, call if:

- You passed out (lost consciousness).
- You have severe trouble breathing.
- You have sudden chest pain and shortness of breath or you cough up blood.

What can I do to keep my family healthy?

- Cover your mouth with a tissue when you cough or sneeze and throw the tissue in the trash.
- Wash your hands often.
- Use a disinfectant to clean things that you touch often.
- Stay at home if you are sick!

Where can I get the latest information or learn more?

- The websites below contain the most up-to-date information.
 - US Centers for Disease Control and Prevention: www.cdc.gov
 - World Health Organization: www.who.int
 - Pennsylvania Department of Health: health.pa.gov
 - Monongahela Valley Hospital: www.monvalleyhospital.com
- Call your PCP or the Pennsylvania Department of Health at 1-877-PA-HEALTH (1-877-724-3258).

For more information, visit monvalleyhospital.com.