



# Novel Coronavirus (COVID-19) Questions & Answers

We understand that as patients at SWH, you may have some questions about COVID-19. We've answered some frequently asked questions here:

## What is COVID-19?

COVID-19 is a new coronavirus (a type of virus that includes the common cold) that can spread from person to person. The virus was first identified in Wuhan, China in December 2019 and has since spread globally to other countries, including the United States. COVID-19 is now spreading in some communities in the United States, including Washington state.

## What are the symptoms?

People who have been diagnosed with COVID-19 have had mild to severe respiratory illness with symptoms which may include, but are not limited to, congestion, sore throat, runny nose, fever, cough and difficulty breathing.

Fever



Cough



Difficulty breathing



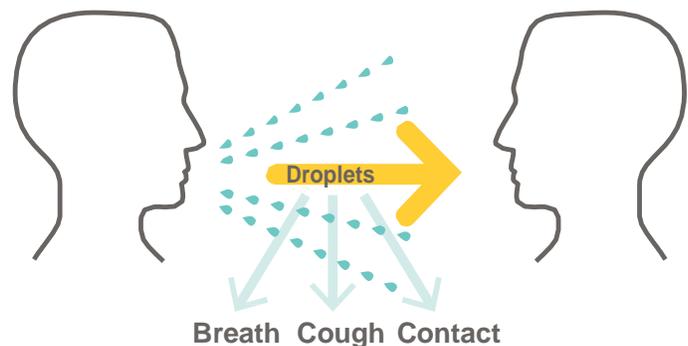
People who have been diagnosed with novel coronavirus have reported symptoms that may appear in as few as two days or as long as 14 days after exposure to the virus. People who are immunocompromised may have fewer symptoms (e.g. absence of fever) when they initially get sick.

For more information, please visit the Centers for Disease Control and Prevention website, [www.cdc.gov](http://www.cdc.gov).

## How does novel coronavirus spread?

Health experts are still learning the details. Currently, it is thought to spread:

- Through respiratory droplets produced when an infected person coughs or sneezes.
- Between people who are in close contact with one another (within about six feet)



Droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

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## What is SWH doing to keep patients safe?

We are taking the following steps:

- Performing active screening of all patients and caregivers at SWH for: respiratory symptoms, travel history, and risk of exposure to COVID-19. If you do not have symptoms, you will be instructed to proceed to the clinic.
- Rescheduling routine follow up appointments for well patients to a later date.

## What should I do if I have a fever and/or respiratory symptoms?

If you have an appointment scheduled and have a fever and/or respiratory symptoms, call our office at (530) 338-0002 before coming in for your appointment during normal business hours.

If you are at the clinic and experience symptoms, we will assess your risk of exposure to COVID-19 by asking additional questions. We will also tell you to put on a mask.

To put on a mask correctly:

- Place and hold the mask over your nose, mouth, and chin.
- Stretch the bands around your ears and secure them comfortably.
- Fit the flexible nosepiece to your nose bridge.
- Face the colored side of the mask outward.

Can I bring children and family members/caregivers to my appointment(s)?

Please avoid bringing children under 12 to the clinic. If necessary, you may bring only one additional person to your appointment(s).



## What can I do to keep myself, my family and friends safe?

- Wash your hands often with soap and water for at least 20 seconds, especially:
  - After going to the bathroom
  - Before eating
  - After blowing your nose, coughing or sneezing.
- Avoid touching your eyes, nose and mouth.
- Stay home when you are sick.
- Cough or sneeze into your elbow. If you use a tissue, throw it immediately into the trash, then wash your hands.
- Clean and disinfect frequently touched objects and surfaces.

Your health and safety are our top priority.

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