## **bellin**health

# HERE IS WHAT BELLIN HEALTH WANTS YOU TO KNOW AND DO ABOUT THE COVID-19 CORONAVIRUS:



#### **ABOUT THE COVID-19 CORONAVIRUS:**

- It is a variation of the common cold virus and the way to combat it involves the same tactics as preventing a cold. What is different is there is no natural human immunity.
- Early reports suggest that 80% of all cases are mild.
- It is spread via contaminated surfaces and close physical contact with an infected person via droplets.
- People who are at greater risk for severe illness are:
  - Over age 60
  - Individuals with a history of diabetes, cardiac or respiratory problems
  - Individuals with compromised immune systems from other diseases
- Visiting a community where the virus exists does not mean you need testing. Testing will be determined in consultation with your healthcare provider.
- Treatment for the virus is to treat symptoms. There are no specific antibiotics to treat or cure the virus.



### HOW TO PROTECT YOURSELF AND YOUR COMMUNITY:

- Frequent handwashing with soap and water for 20 seconds.
- · Sneeze and cough into the crook of your arm or cover your mouth and nose with a tissue.
- · Avoid public gatherings and spaces. Stay home when you can.
- Postpone visiting someone who is at risk (the elderly, someone known to be ill).
- · Do not travel.
- Use household cleaning products to wash frequently touched objects like doorknobs, light switches, desks, keyboards, etc.



#### TAKE ACTION:

- Call your doctor's office or conduct an e-visit or video visit if:
  - You are in a high-risk category, with symptoms, or you have known close exposure to someone affected by the virus. Symptoms include:
    - Fever above 100.4 degrees
    - Cough
    - · Sore throat
  - Conduct an e-visit or video visit via <a href="http://www.mybellinhealth.org">http://www.mybellinhealth.org</a> or your MyChart phone app (Learn more about e-visits at <a href="http://www.bellin.org/virtualvisits">www.bellin.org/virtualvisits</a>)
- Your provider will likely recommend that you treat your symptoms with:
  - · Pain relievers
  - Appropriate over-the-counter cold and flu products
  - Rest
  - Maintain your fluid intake
- · Go to the Emergency Department if you have difficulty breathing, chest pain or if you are feeling very ill.
- For more information call Bellin Telehealth at (920) 445-7373 or visit bellin.org/covid19.

