

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 <http://www.mybellinhealth.org> or your MyChart phone app (Learn more about e-visits at www.bellin.org/virtualvisits)
- 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.

