

Dr. Delgado COVID-19 Update 3-9-2020

People at Risk for Serious Illness from COVID-19

If you are at **higher risk** or are sick and feel have possibly been exposed to COVID-19, you should:

*****Call your doctor*****: If you think you have been exposed to COVID-19 and/or develop a fever **and** symptoms of respiratory illness, such as cough or difficulty breathing, call your healthcare provider immediately.

*****Do not go to your providers office***!!** Foremost, you should communicate with your PCP and immediately impose a self quarantine until your provider determines your level of risk or if you merit testing.

This will help them assist in your care, determine your level of risk, your need for potential testing and keep other people (close contacts and the community) from getting infected or exposed.

What to Do if You Get Sick

- Tell them that you have or may have COVID-19.
- **If you are not sick enough to be hospitalized, you most likely will recover at home.**

Follow CDC instructions for [how to take care of yourself at home](#).

- Know when to get emergency help
- Get medical attention immediately if you have any of the emergency warning signs listed below

COVID-19 Warning Signs

- If you or others develop warning signs for COVID-19 get medical attention immediately. In adults, emergency warning signs include:
 - **Difficulty breathing or shortness of breath**
 - **Persistent pain or pressure in the chest**
 - **New confusion or inability to arouse**
 - **Bluish lips or face**

*This list is **not** all inclusive. Please consult your medical provider for any other symptom that is progressive, severe or concerning.

Who is at Higher Risk?

Early information out of China, where COVID-19 first started, shows that some people are at higher risk of getting very sick from this illness. This includes:

- Older adults
- People who have serious chronic medical conditions like:
 - Heart disease
 - Diabetes

- Lung disease
- immune compromise-renal disease, alcohol abuse, age > 60, chronic steroid or immune mediated treatments for illness, smokers, etc.

If a COVID-19 outbreak happens in your community, it could last for a long time. (An outbreak is when a large number of people suddenly get sick.) Depending on how severe the outbreak is, public health officials may recommend community actions to reduce people's risk of being exposed to COVID-19. These actions can slow the spread and reduce the impact of disease.

If you are at higher risk for serious illness from COVID-19 because of your age or because you have a serious long-term health problem, it is extra important for you to take actions to reduce your risk of getting sick with the disease.

Get Ready for COVID-19 Now

- Have supplies on hand
 - Contact your healthcare provider to ask about obtaining extra necessary medications to have on hand in case there is an outbreak of COVID-19 in your community and you need to stay home for a prolonged period of time.
 - If you cannot get extra medications, consider using mail-order for medications.
 - Be sure you have over-the-counter medicines and medical supplies (tissues, etc.) to treat fever and other symptoms. Most people will be able to recover from COVID-19 at home.

- Have enough household items and groceries on hand so that you will be prepared to stay at home for a period of time.
- Take everyday precautions
 - **Avoid close contact with people who are sick or let your pets interact with other pets as this may be a form of transmittal**
 - Take everyday preventive actions
 - Clean your hands often
 - Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or having been in a public place.
 - If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
 - To the extent possible, avoid touching high-touch surfaces in public places – elevator buttons, door handles, handrails, handshaking with people, etc. Use a tissue or your sleeve to cover your hand or finger if you must touch something.
 - Wash your hands after touching surfaces in public places.
 - Avoid touching your face, nose, eyes, etc.
 - Clean and disinfect your home to remove germs: practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones)
 - Avoid crowds, especially in poorly ventilated spaces. Your risk of exposure to respiratory

viruses like COVID-19 may increase in crowded, closed-in settings with little air circulation if there are people in the crowd who are sick.

- If COVID-19 is spreading in your community, take extra measures to put distance between yourself and other people
 - Stay home as much as possible.
 - Consider ways of getting food brought to your house through family, social, or commercial networks
 - Consult with your health care provider for more information about [monitoring your health for symptoms suggestive of COVID-19](#).
 - Stay in touch with others by phone or email. You may need to ask for help from friends, family, neighbors, community health workers, etc. if you become sick.
 - Determine who can provide you with care if your caregiver gets sick