

FACTS - CORONAVIRUS COVID-19

Coronavirus Disease 2019 (COVID-19) FACTS for patients

FACT
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Risk of becoming seriously ill from COVID-19 virus is thought to be low

As with the common flu:

- **Older adults**
- **Severe Underlying Medical Conditions**

May be at higher risk for more serious complications from COVID-19.

Initial research has shown those who:

- **Smoke Cigarettes, Cigars or Pipes**
- **Smoke Marijuana or other Elicit Drugs**
- **Use Vaping Devices**

Could be at an added risk for serious complications.

Smoking decreases the lung tissues ability to ward off infections. This risk factor, associated with COVID-19, could possibly account for the increased spread and severity of the virus in countries with a higher percentage of smokers. Leading to those countries medical institutions becoming overwhelmed with a shortage of necessary ventilators, not seen in years past with the common flu.

Beyond the high risk groups COVID-19 virus is affecting healthy individuals with less severe symptoms than the common flu. Up to 80% of the exposed population have no knowledge or symptoms that they are infected.

FACT
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COVID-19 symptoms are similar to the common flu

Reported warning signs from the CDC:

- **Fever**
- **Cough**
- **Shortness of breath**

If you experience these symptoms:

- **First** - contact your PCP

Your PCP can address your symptoms, offering treatment advice. Overwhelming ER's or Urgent Cares with low risk patients reduces availability for those at high risk.

Vast majority of COVID-19 patients can and should be treated at home, using the same techniques as used for the common flu:

- **Over-the-Counter Medications**
- **Prescribed Medications**
- **Drink a gallon of water a day**
- **Rest, Sleep and Stay Home**

If you develop emergency warning signs for COVID-19 get medical attention immediately. Emergency warning signs include:

- **Difficulty Breathing at Rest**
- **Shortness of Breath with Simple Tasks**
- **New Confusion or Inability to Arouse**
- **Bluish Lips or Face**

- For up-to-date information, visit the **Centers for Disease Control** at: [cdc.gov](https://www.cdc.gov) or the **World Health Organization**: [who.int](https://www.who.int) -

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FACT 3

Ways to help keep you and your family healthy

The CDC Recommends:

- **Wash Your Hands for 20 Seconds:** with soap and water, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Avoid Touching:** your eyes, nose, and mouth with unwashed hands.
- **Stay Home:** when you are sick.
- **Protect Those at High Risk:** encourage and assist those at high risk to self quarantine helping reduce their exposure. Do not visit those individuals at high risk except in time of emergency.
- **Avoid Groups:** of ten or more people. It is difficult to determine with larger groups if they are following the CDC guidelines.
- **Distance Yourself:** when in public by 6 feet or more.
- **Look After You and Your Family's Health:** drink at least a gallon of water a day, regularly take quality nutritional supplements for immune support, get plenty of sleep, exercise daily, do not smoke cigarettes or marijuana along with not drinking alcohol. These steps will benefit your immune system to ward off all illnesses.

Taking these steps during the flu season will help minimize your risk every year and are good habits to adopt year round.

FACT 4

Partners In Health adopted recommendations for a clean treatment facility

The following precautions have been implemented:

- **Monitoring Guidelines:** to adapt and educate our staff and patients when guideline alterations are recommended.
- **Appointment Spacing:** allowing for sanitation of surfaces between patients.
- **Restricting the Symptomatic:** patients who are exhibiting symptoms are restricted from entering our facility.
- **Reduce Group Exposure:** When patients arrive they are immediately brought to treatment rooms bypassing waiting in the lobby.
- **Sick Employees and staff:** are required to stay home even with the mildest of symptoms.

In addition to these in-office measures, TeleHealth appointments are available as an alternative for:

- **Non Contact Therapies:** such as psychology and associated treatments.
- **Follow-ups for Home Programs:** such as physical therapy, neurology, vision therapy and cognitive therapy.
- **Post Procedure Follow-ups:** for pain management, orthopedic surgeons and regenerative medicine treatments.

For questions about this information or to schedule, please contact us at 303 438 1600 or email us at drray@partnersinhealthclinic.com We are here to help, anyway we can.