

Viral Syndrome and Novel Coronavirus (COVID-19)

4.17.20

You may have a viral syndrome which may include symptoms like fever, new cough and shortness of breath. One of the potential viruses you may have is SARS- CoV-2, the virus that causes COVID-19, also known as the novel coronavirus. You may be just as likely to have a different viral infection such as the common cold or flu. Most patients with COVID-19 have mild symptoms and recover on their own. As with most viral illnesses, rest, hydration, and symptom control with over the counter flu and cold medications are typically helpful.

COVID-19 testing is not currently performed on most people with mild symptoms who are being discharged from the Emergency Department, clinic and physician office.

Precautions are similar to what you would do with the seasonal flu but with a much greater level of caution and attention.

Please follow the precautions below:

- Stay home except to get medical care.
- As advised by the Centers for Disease Control and Prevention (CDC), we recommend you stay in your home and minimize contact with others to avoid spreading this infection.
- The elderly or anyone with significant medical issues may have more severe symptoms from this infection.
- We recommend separation, also known as self-isolation, for at least seven days after your first day of symptoms or until your nasal and respiratory symptoms have been gone for two days, whichever is longer. If your symptoms persist longer than 7 -10 days, or if you become sicker, like difficulty breathing, chest pain, you are unable to eat or drink enough, or have severe vomiting, diarrhea or weakness, you may need to contact your clinic provider or return to the Emergency Department for re-evaluation. Remember to call them first before going to the office or ED.
- You should restrict activities outside your home, except for getting medical care. Do not go to work, school or public areas. Avoid using public transportation, ride-sharing or taxis. Ask others to leave needed items at your door to avoid unnecessary exposures.
- Separate yourself from other people and animals in your home.

- As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.
- Do not handle pets or other animals while sick.
- Avoid sharing personal household items. You should not share dishes, drinking glasses, cups, eating utensils, towels or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.
- Clean all “high-touch” surfaces every day, high touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water is not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used if hands are visibly dirty. Avoid touching your eyes, nose and mouth with unwashed hands.
- Cover your mouth and nose with a tissue or elbow when you cough or sneeze.
- Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used if hands are visibly dirty.

[- Read more on back](#)

Genesis On-demand COVID-19 Virtual Screening Telemedicine Clinic

If You Think You Are Experiencing Symptoms of COVID-19:

- Call your doctor.
- If you do not have a doctor or your doctor is not available, call the Genesis On-demand COVID-19 Virtual Screening Telemedicine Clinic at (740) 297-8610.
- Patient registration will be required; co-pays will be waived.
- Testing will be ordered if appropriate.

Genesis On-demand COVID-19 Virtual Screening Telemedicine

•Clinic Hours:

- Monday through Friday, 9 a.m. to 4 p.m.
- Hours may adjust according to need.
- For questions after these hours or on weekends, you may call the Genesis NurseLine at (740) 455-4949.

Please see the resources below for more information.

Ohio Department of Health website:

General Information

<https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/novel-coronavirus/2019-ncov>

Ohio Department of Health Call Center:

1-833-4-ASK-ODH (1-833-427-5634)

Zanesville-Muskingum County Health Department Website:

www.zmchd.org

Centers for Disease Control (CDC) Corona Website

General Information

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>



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