



# Coronavirus (COVID-19): Taking care of yourself and your family

Coronavirus disease 2019 (COVID-19) is a respiratory illness. It can spread from person to person through close contact with an infected person, or when they cough or sneeze.

In general, COVID-19 illness is mild. However, older people and people with severe health conditions — such as heart disease, lung disease and diabetes, for example — can be at higher risk.

## Protect yourself

- Wash your hands with soap and water for at least 20 seconds. If soap and water aren't available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose and mouth.
- Clean frequently touched surfaces and objects daily.

## Avoid spreading the illness

### If you're sick:

- Stay home, except to get medical care.
- Cover your mouth and nose with a tissue when you cough or sneeze. Then throw out the tissue.

### If you're caring for sick family members:

- Designate one person as the caretaker.
- Choose a room in your house that can be used to separate sick household members.
- Avoid sharing household items.

## Screening resources

Parkview recognizes that many people have concerns and questions about symptoms and risk of contracting COVID-19. The majority of people have minor symptoms and do not require medical care or testing. Individuals with minor symptoms are advised to stay home rather than seek testing or medical care.

**This information has been developed to help you understand when to seek care.**

### If you have:

- Cough **and**
- Fever of 100 degrees or higher **and**
- Traveled to China, South Korea, Italy or Iran, or are concerned that you have been exposed through other contact **and**
- Do NOT have difficulty breathing

### You should:

Stay home with support in isolation. Rest, stay hydrated, use ibuprofen or acetaminophen as needed for fever. **If you have questions, call your Parkview Physicians Group office or 1-877-PPG-TODAY for a free phone screening.** Performing a screening over the phone will allow medical review while limiting exposure to others.

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### If you have:

- Cough **and**
- Fever of 100 degrees or higher **and**
- Traveled to China, South Korea, Italy or Iran or are concerned that you have been exposed through other contact **and**
- Do NOT have difficulty breathing but have flu-like symptoms such as muscle aches, chronic diseases such as diabetes, heart failure, COPD, asthma, are immunocompromised or have concerns to discuss with a nurse

### You should:

**Call your Parkview Physicians Group office or 1-877-PPG-TODAY for a free phone screening.** Performing a screening over the phone will allow medical review while limiting exposure to others. If it's determined that you need to be seen in person, you will receive instructions on the facility at which to be seen.

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- Cough **and**
- Fever of 100 degrees or higher **and**
- Traveled to China, South Korea, Italy or Iran, or are concerned that you have been exposed through other contact **and**
- Do have difficulty breathing

### You should:

**Seek care at an emergency department.**