



COVID-19 Symptoms & Prevention Tips

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Our region of the country faces a growing threat from the coronavirus (COVID-19) and the seasonal flu. As always our #1 goal is patient care and in an effort to ensure patient safety and the well-being of our staff, we are asking that you proactively reschedule your existing appointments if you are experiencing flu-like symptoms or have traveled outside of the United States in the last 14 days by dialing 443-351-3376.

[Check out the CDC recommended steps to help prevent the spread of COVID-19 if you are sick.](#)

Unsure of what symptoms to look for?

Symptoms for the COVID-19 virus are similar to the cold or flu and may take up to 14 days to appear after exposure.

Symptoms of COVID-19 may include:

- Fever
- Runny Nose and Sneezing
- Cough & Sore Throat
- Difficulty Breathing
- Headache
- Chills and Fatigue
- Muscle Pain & Weakness

If you are NOT experiencing these symptoms, please plan to see us at your scheduled appointment time and date.

The World Health Organization and CDC recommend the following prevention measures:

Clean your hands often.

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact.

- Avoid close contact with people who are sick
- Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick

Stay home if you're sick.

- Stay home if you are sick, except to get medical care.

Cover coughs and sneezes.

- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and disinfect.

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection

For updates and more information please visit www.CDC.gov, the Center for Disease Control & Prevention (CDC).