

coronavirus **COVID-19** **Info Booklet**

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Dear Patient /Visitor,

As you may know, the Coronavirus outbreak has been declared a pandemic by the World Health Organization. At present, there is no vaccine or innate immunity to the novel pathogen.

Prevention offers the best chance in overcoming this pandemic.

At Alsara Clinic, we have taken proactive measures to safeguard our staff, patients and visitors alike. Please review our Covid-19 policy below.

When you contact our office, you will be asked the following questions:

“Have you traveled to any Covid-19 affected region in the past 14 days?

” Have you been in contact with a confirmed or suspected case of Covid-19?

“Do you currently have or have you within the last 14 days experienced any of the following symptoms”

- Cough
- Fever
- Shortness of breath or difficulty breathing

If the answer to any of these questions is “yes,” we will need to reschedule your appointment. All communication must occur via phone only.

At the time of writing this policy, we anticipate being able to welcome you back after you have been “low risk” for a minimum of 14 days. You are considered low risk if the answer to all the questions above is “no”.

We are closely following local, state and CDC recommendations. Due to the evolving nature of this pandemic, their guidelines will likely change, and we will update our policy accordingly. Please feel free to call us at 816-386-0245 or visit our website at alsaraclinic.com for further information

We are very grateful for your understanding and support in our efforts to protect all our loved ones including patients such as yourself.

Most respectfully,



Sam Gupta, MD

HEALTH ADVISORY

Please read this notice before visiting Alsara Clinic

Kindly call us at **816-396-0245** before you visit this clinic if any of the following apply:

- You have traveled to any COVID-19 affected region within the past 14 days
- You have been in contact with a confirmed or suspected case of COVID-19
- You currently have or had in the past 14 days any of the following symptoms:
 - Fever
 - Cough
 - Shortness of breath / difficulty breathing

HEALTH ALERT: Coronavirus Disease 2019 (COVID-19)

You have traveled to a country with an outbreak of COVID-19 and are at higher risk.

COVID-19 is a respiratory illness that can spread from person to person.

Stay Home

Stay home for the next 14 days and monitor your health. Take your temperature with a thermometer two times a day and watch for symptoms.

If you feel sick and have symptoms:

- Call ahead before you go to a doctor's office or emergency room.
- Tell the doctor about your recent travel and your symptoms.
- Avoid contact with others.
- Do not travel while sick.

Symptoms

Illnesses have ranged from mild symptoms to severe illness and death. Symptoms may appear 2–14 days after exposure.

Symptoms can include:



Fever (100.4°F/38°C or higher)



Cough



Shortness of breath

Visit the website for more information on monitoring your health and how to contact local public health officials. Visit: www.cdc.gov/COVIDtravel



P R E S S R E L E A S E

City of St. Joseph Health Department
904 South 10th Street, St. Joseph, MO 64503

Media inquiries contact Stephanie Malita at 816-271-5327

March 3, 2020

PREPARATIONS FOR CORONAVIRUS-2019 IN BUCHANAN COUNTY AND REGION

The City of St. Joseph Health Department is working with officials on local, state and regional levels to monitor the evolution of the coronavirus disease 2019 (COVID-19) in the United States and particularly in our region of the country. As local organizations and businesses review response plans given the possibility of an outbreak and its impact, the health department is offering guidance and is hosting informational meetings for specific sectors. The first of these meetings will be geared to the needs of faith-based groups and businesses. Additional meetings will be scheduled which will focus on specific needs in the community.

The health department is in communication daily with officials to coordinate an effective response. Review of plans which have been in place in preparation for just such an event are being vetted for feasibility based on resources, the readiness of community members, and projected impact. The department continues to inform the public as developments occur.

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. The Centers for Disease Control and Prevention (CDC) always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask:
 - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
 - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others.
 - The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

For information about handwashing, see CDC's Handwashing website

<https://www.cdc.gov/handwashing/>

These are everyday habits that can help prevent the spread of several viruses.

CDC does have specific guidance for travelers at

<https://wwwnc.cdc.gov/travel/notices/warning/novel-coronavirus-china>.

If you are sick with COVID-19 or suspect you may be infected with the virus that causes COVID-19, help prevent the disease from spreading to people in your home and community:

- Stay home except to get medical care.
- Separate yourself from other people and animals in your home.
- Call ahead before visiting your doctor.
- Wear a facemask when around others.
- Cover coughs and sneezes. Clean hands often.
- Avoid sharing personal household items such as cups, utensils, towels, etc.
- Clean all “high-touch” surfaces every day.
- Monitor symptoms.
- Keep your medical providers informed.

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low, which will be determined case-by-case and follow the recommendations of your primary care provider and public health officials.

Please contact the City of St. Joseph Health Department for additional information at stjoemo.info/912/COVID-19-Coronavirus or by calling 816-271-4725.

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Novel Coronavirus (COVID-19)



What is novel coronavirus?

Novel coronavirus (COVID-19) is a virus strain that was first detected in December 2019 and has now been detected in almost 90 locations internationally and in the many states in the U.S. The virus, while having mild effects in most people, can cause severe illness and pneumonia in others such as the elderly or those with underlying medical conditions.

How does COVID-19 spread?

Health experts are still learning the details about how COVID-19 spreads from person to person. The most recent evidence points to infected people coughing and sneezing within six feet of a non-infected person. Other methods of transmission may include:

- close personal contact, such as touching or shaking hands
- touching an object or surface with the virus on it, then touching your mouth, nose, or eyes
- in rare cases, contact with feces

How severe is COVID-19?

Upwards of 80% of those infected recover after mild symptoms. Others, especially the elderly and those with serious chronic medical conditions, may experience more severe symptoms including pneumonia that requires hospitalization, and sometimes death.

What are the symptoms?

People who have been diagnosed with COVID-19 have reported symptoms that may appear in as few as 2 days or as long as 14 days after exposure to the virus:



Who is at risk for COVID-19?

Currently the risk to the general public for COVID-19 to cause severe illness is low. At this time, there are a small number of individual cases in the U.S. Older adults and those with serious conditions such as heart disease, diabetes, lung disease and any condition that affects the immune system could be at higher risk. Additionally, travelers to and from certain areas of the world may be at increased risk. See wwwnc.cdc.gov/travel for the latest travel guidance from the CDC.

How can I prevent from getting COVID-19?

Practicing correct handwashing skills along with avoiding touching your face can protect you from COVID-19 and many other viruses. See <https://youtu.be/d914EnpU4Fo> for a quick review of proper handwashing techniques. There is currently no vaccine for COVID-19. To reduce risk of other respiratory infections, especially the flu, you can help protect yourself and others by getting a flu vaccine. Everyday precautions range from avoiding close contact with people who are sick to avoiding touching high-touch surfaces in public such as elevator buttons, door handles, handrails and handshakes. Other steps include:

- avoid touching your eyes, nose, or mouth with unwashed hands
- stay home while you are sick and avoid close contact with others
- cover your mouth/nose with a tissue or sleeve when coughing or sneezing



CDC continues to stress concerns with international travel. Currently CDC recommends avoiding non essential travel to China, Iran, South Korea, Italy. Travel to Japan is a concern for older adults or those with chronic medical conditions. See wwwnc.cdc.gov/travel for the latest travel guidance from the CDC.

What do I do if I have symptoms?

Influenza and other respiratory infections including COVID-19 have similar if not identical signs and symptoms. Individuals who think they are sick or are getting sick should NOT report to work. Individuals should monitor for cough, shortness of breath, and fever and should practice social distancing to avoid the spread of any illness they may have. Individuals experiencing the described symptoms AND have had contact with a confirmed case of COVID-19 should contact their health care provider by phone. Supply information about symptoms and when and how they had contact with a confirmed case. The health care provider may either suggest testing via a commercial lab or involve public health resources. Individuals with COVID-19 symptoms who are a contact to a case should not arrive at a health care provider or emergency room without contacting the provider or emergency room first.

How is COVID-19 treated?

There are no medications specifically approved for COVID-19. Most people with mild coronavirus illness will recover on their own by drinking plenty of fluids, resting, and taking pain and fever medications. However, some cases develop pneumonia and require medical care or hospitalization.

For more information: www.health.mo.gov/coronavirus

Updated 3/9/2020



What you need to know about coronavirus disease 2019 (COVID-19)

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

