

WASHINGTON MEDICAL GROUP, P.C.

What You Need to Know About the Coronavirus (COVID-19) and How it will Impact your care at Washington Medical Group P.C.

Effective March 17, 2020, Washington Medical Group P.C. will be offering Telehealth in order to execute social distancing, to help stop the spread of COVID-19. Below is a list of frequently asked questions regarding COVID-19, how it is spread, and what you can do to protect yourself and others. All of the following information and more is available at <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>.

General Questions

What is COVID-19?

A novel coronavirus is a new coronavirus that has not been previously identified. The virus causing coronavirus disease 2019 (COVID-19), is not the same as the coronaviruses that commonly circulate among humans and cause mild illness, like the common cold.

A diagnosis with coronavirus 229E, NL63, OC43, or HKU1 is not the same as a COVID-19 diagnosis. Patients with COVID-19 will be evaluated and cared for differently than patients with common coronavirus diagnosis.travel notices and precautions.

On February 11, 2020 the World Health Organization announced an official name for the disease that is causing the 2019 novel coronavirus outbreak, first identified in Wuhan China. The new name of this disease is coronavirus disease 2019, abbreviated as COVID-19. In COVID-19, ‘CO’ stands for ‘corona,’ ‘VI’ for ‘virus,’ and ‘D’ for disease. Formerly, this disease was referred to as “2019 novel coronavirus” or “2019-nCoV”.

There are many types of human coronaviruses including some that commonly cause mild upper-respiratory tract illnesses. COVID-19 is a new disease, caused by a novel (or new) coronavirus that has not previously been seen in humans. The name of this disease was selected following the World Health Organization (WHO) best practice external icon for naming of new human infectious diseases.

What are the symptoms of COVID-19?

Common signs of infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure, and even death.

People with heart and lung disease or weakened immune systems, as well as infants and older adults, are at higher risk for upper and lower respiratory tract illness.

How is COVID-19 spread?

Human coronaviruses are usually spread from an infected person to others through the air by coughing and sneezing and through close personal contact, such as touching or shaking hands.

What is the official name for the disease caused by the new coronavirus?

The World Health Organization announced the official name for the disease caused by the new coronavirus on February 11, 2020. The new name is COVID-19, short for “coronavirus disease 2019.”

Protecting Yourself

How can you protect yourself or others from COVID-19?

Although there are currently no vaccines available to protect against human coronavirus infection, you may be able to reduce your risk of infection by washing your hands often, avoiding touching your eyes, nose, or mouth with unwashed hands, and avoiding close contact with people who are sick.

If you have cold-like symptoms, as a courtesy to your co-workers and others, please remain at home while you are sick.

If you share a work station or equipment with others, please wipe it down with disinfectant wipes after use. Surfaces in any area occupied by an individual who has been diagnosed with COVID-19 should be washed with [70 percent ethyl alcohol chlorine solution](#).

The best way to prevent illness is to avoid being exposed to this virus. Avoid close contact with people who are sick.

For information about hand washing, see the CDC’s [Clean Hands Save Lives](#) website.

What should you do if you suspect you or someone else has contracted COVID-19?

Most people with common human coronavirus illness will recover on their own. Although there are no specific treatments for illnesses caused by human coronaviruses, you can take the following actions to help relieve symptoms if you are mildly sick:

- Take pain and fever medications. Ask your pharmacist how they may interact with any medications you currently take. Caution: The [CDC and American Academy of Pediatrics \(AAP\)](#) recommend not giving aspirin to children.
- Use a room humidifier or take a hot shower to help ease a sore throat and cough.
- Drink plenty of liquids.
- Stay home and rest.

Does getting the flu or pneumonia vaccine reduce an individual’s risk of developing COVID-19?

No, but since there is no treatment for COVID-19, getting available immunizations for other lung infections, like flu, pneumonia and whooping cough is important. This is especially important for those who have weakened immune systems or who may have a more serious illness. Additionally, while COVID-19 is circulating, these immunizations will help decrease the burden on health care delivery systems.

Who should be tested for COVID-19?

If you develop symptoms such as fever, cough, and/or difficulty breathing, and have been in close contact with a person known to have COVID-19 or have recently traveled from an area with ongoing spread of COVID-19, stay home and call your healthcare provider. Older patients and individuals who have severe underlying medical conditions or are immunocompromised should contact their healthcare provider early, even if their illness is mild. If you have severe symptoms, such as persistent pain or pressure in the chest, new confusion or inability to arouse, or bluish lips or face, contact your healthcare provider or emergency room and seek care immediately. Your doctor will determine if you have signs and symptoms of COVID-19 and whether you should be tested.

Where can I get more information?

You can find more information on COVID-19 at these links:

- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- <https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>