



What You Should Know about Coronavirus Disease 2019 (COVID-19) (adapted from the CDC website)

1. How does COVID-19 Spreads?

- 1. Person-to-person spread 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. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.**
- 2. Some spread might be possible before people show symptoms, but this is not the main way the virus spreads.**
- 3. It may also be possible to get the virus by touching a surface or objects that has the virus on it and then touching your mouth, nose, or possibly your eyes (but this is not the main way the virus spreads).**
- 4. This virus is spreading easily and sustainably in the community at this time.**
- 5. In the US, cases have been imported in close contacts of travelers from Wuhan, China. Cases have been reported in the community in California, Oregon and Washington as early as February 23, 2020. First death here in the US was reported from community spread in Washington, along with first reports in health care workers and first potential outbreak in a long-term care facility.**
- 6. Internationally sustained community spread has been reported in China, Iran, Italy, Japan and South Korea.**

2. Who is at Higher Risk?

- 1. Older adults and people who have severe chronic medical conditions like heart, lung or kidney disease seem to be at higher risk for more serious COVID-19 illness.**
- 2. Early data suggest older people are twice as likely to have serious COVID-19 illness.**

3. What to do if you are at higher risk?

- 1. Stay at home as much as possible.**
- 2. Make sure you have access to several weeks of medications and supplies in case you need to stay home for prolonged periods of time.**
- 3. When you go out in public, keep away from others who are sick, limit close contact and wash your hands often.**
- 4. Avoid crowds**



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4. **What are the potential symptoms to watch for?**
 1. **Fever**
 2. **Cough**
 3. **Shortness of Breath**

5. **What to do if you get sick?**
 1. **Stay home and call the office (314-833-4001) to let me know about your symptoms. Let me know if you think you have COVID-19. If you are not sick enough to be hospitalized, you can recover at home.**
 2. **Get medical attention immediately if you develop any emergency warning signs:**
 - i. **Difficulty breathing or shortness of breath.**
 - ii. **Persistent pain or pressure in the chest.**
 - iii. **New confusion or inability to arouse.**
 - iv. **Bluish lips or face.**

6. **How do you prevent the spread of COVID-19 if you are sick?**
 1. **STAY HOME (except to get medical care). Ensure to call ahead before visiting our office and inform me that you believe you may have COVID-19.**
 2. **Wear a facemask when you are around other people.**
 3. **Separate yourself from other people and animals in your home.**
 4. **Cover your coughs and sneezes.**
 5. **Clean your hands often.**
 6. **Avoid sharing personal household items.**
 7. **Clean all “high-touch” surfaces every day.**
 8. **Monitor your symptoms and call 911 if you have a medical emergency.**