

AVOIDING CORONA VIRUS COVID -19

Prevention

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. However, as a reminder, 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

There IS **NO SPECIFIC TREATMENT AVAILABLE**. So, if you are able to care for yourself, DO SO

STAY HOME

NOTHING is gained by seeking medical care unless seriously ill (2-7%) and then it is hospital care you require. Most will be mild. Nothing changes by testing.

CALL US. WE WILL TRIAGE YOU. IF SERIOUSLY ILL, YOU WILL BE REFERED TO THE EMERGENCY ROOM – WE CALL THEM FIRST. IF NOT SERIOUSLY ILL AND ONLY IF HIGHLY SUSPECT FOR COVID-19 WILL YOU BE REFERED TO THE HEALTH DEPARTMENT. THEN AS THEY DIRECT. WE CALL THEM, ALSO.

UW Washington Testing is available (\$200) if you really need a test because of your unique situation, we can obtain. **CALL US FIRST**.