

What You Should Know About Coronavirus (COVID-19)

*Community Medical Centers is closely monitoring this year's influenza season as well as the Novel Coronavirus (COVID-19). This is an emerging, rapidly evolving situation. The risk **may** change daily. As home to the Valley's only Level 1 trauma center, our staff and physicians are highly trained and routinely prepare for situations like these. We partner with the Fresno County Department of Public Health, California Department of Public Health, the Centers for Disease Control (CDC) and other emergency responders and health agencies.*

Are visitors allowed in your hospitals?

For the protection of patients and families, as well as our employees and physicians, effective immediately: No visitors are allowed at our hospitals with very few exceptions. We encourage patient visits by phone. Visitors for inpatient areas will be restricted except for the following:

- One visitor at a time for healthy laboring mothers who are not sick
 - The designated support person will be required to stay for the entire hospitalization. If he/she leaves, they may not be allowed to return to the bedside.
 - For laboring mothers who have tested positive for COVID-19, or are showing symptoms, no visitors will be allowed.
 - Pregnant patients not in labor, requiring hospitalization will not be allowed to have visitors.
- One parent or guardian at a time for pediatric inpatient
- Visitation allowed for those patients in end-of-life care
- Patients with physical, intellectual, developmental disabilities or cognitive impairments or their family/patient representative may designate two support people, but only one support person may be present at a time.

People with **any** cold or flu-like symptoms will **not** be able to visit family and friends in the hospital, even if they meet the above exceptions. These restrictions are subject to change.

What is the Coronavirus and how is it spread?

Novel Coronavirus (COVID-19), commonly referred to as "coronavirus," is a respiratory illness caused by a virus first identified in Wuhan, China. The virus is thought to spread from person-to-person via respiratory droplets produced when an infected person coughs or sneezes, much like a cold or flu.

How do I avoid getting sick?

- Wash your hands often with soap and water for at least 20 seconds.

- Avoid close contact with those who are sick.
- Avoid touching your eyes, nose and mouth.
- Clean and disinfect frequently touched surfaces like door knobs, cell phones and keyboards.
- Finally, stay home when you are sick.

Is anyone at higher risk of getting seriously ill from coronavirus?

Yes. Older people and people with severe chronic conditions like heart disease, diabetes, and lung disease are at higher risk and should take special precautions like limiting exposure to crowds.

What are the symptoms of Novel coronavirus?

Most seem to experience a mild to severe respiratory illness, not unlike a cold. Common signs and symptoms of coronavirus include fever and symptoms of a lower respiratory illness like coughing or shortness of breath. In some patients the illness may progress into pneumonia.

What do I do if I have those symptoms?

If your symptoms are **not** severe, stay home. If you are showing any of the symptoms, do **not** go to work and don't travel. If you need to see your doctor, call ahead and report:

- Your symptoms
- Recent travels
- Possible exposures to COVID-19

Should I wear a mask and can I get masks and supplies from your hospitals?

Fresno County Public Health has ordered universal masking for the public. Masks can help stop the spread of infection by containing respiratory droplets produced when an infected person coughs or sneezes. The community use of masks is for the public good, because "my mask protects you, your mask protects me." All persons entering a Community Medical Centers facility or building where patient care occurs will be required to wear a mask, at all times, while in patient care areas, clinical areas, or applicable common areas. If a visitor arrives and he/she does not have a mask or the mask is dirty, damaged, or has a one-way valve then Community will provide an appropriate universal mask.

Are your hospitals ready to handle this?

We are prepared with procedures in place to treat patients with coronavirus symptoms and to help protect our other patients and staff from the spread of the virus. We are also closely monitoring our supplies and coordinating with local, state and national public health agencies and healthcare providers to help ensure we're doing everything possible to meet the needs of our patients and our community.

For more information, please visit our website at CommunityMedical.org.

Also helpful is the [U.S. Centers for Disease Control and Prevention COVID-19 website](https://www.cdc.gov/coronavirus/2019-nCoV/).