



## **COASTAL COVID UPDATE**

We want to share with you some facts and informative advice.  
We wish you and yours well and extend a heartfelt thank you for your understanding during these trying times.

### **What is COVID-19?**

Coronavirus (COVID-19) is a respiratory illness that can spread from person to person that was first identified in Wuhan, China.

### **How does COVID-19 spread?**

COVID-19 spreads from person to person. The virus is thought to spread between people who are in close contact with one another (within 6 feet) through respiratory droplets produced when an infected person talks, coughs or sneezes. It may also 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 eyes; however, this is not the main way the virus is thought to spread.

### **Who is most at risk with COVID-19?**

Much like the flu, individuals with compromised immune systems are at a higher risk for severe symptoms from COVID-19. This includes the elderly and those with serious underlying medical conditions.

### **What are the symptoms of COVID-19?**

Patients with COVID-19 have mild to severe respiratory illness symptoms including:

- Fever greater than 100
- Cough
- Shortness of breath
- Loss of smell
- Loss of appetite
- Chills
- Repeated Shaking with chills
- Muscle Pain
- Headache
- Sore throat

### **How can you prevent catching COVID-19?**

- Wash hands often with soap and water for 20 seconds or more
- If soap and water is not available, use hand sanitizer with at least 60% alcohol
- Avoid touching your eyes, nose or mouth

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- Stay home if you are sick
- Avoid contact with people who are sick
- Maintain safe social distancing
- Cover your mouth and nose with a tissue when coughing or sneezing and then discard the tissue
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe

### **What should I do if I have been exposed to COVID-19?**

People who think they may have been exposed to COVID-19 or are directed to seek alternative care by our office should:

- contact their primary health provider immediately
- call The NJ Department of Health for answers **1-800-222-1222** or **1-800-962-1253**
- use a telehealth service. Many insurance companies and hospitals are offering telehealth services
- if you're experiencing a healthcare emergency, call 911.

### **How long is the incubation period?**

Symptoms of COVID-19 can appear 2-14 days after exposure.

### **What should I do if I am exhibiting symptoms of COVID-19?**

If you feel sick with a fever, cough, difficulty breathing or the other symptoms mentioned above, have been in close contact with a person known to have COVID-19, or if you live in or have recently traveled to an area with ongoing spread of COVID-19 you should call your primary healthcare provider or follow the above instructions.

### **Where can I get tested for COVID-19?**

If you believe you may have come in contact with someone with COVID-19 or are exhibiting mild symptoms and want to be tested for the virus please follow the suggestions mentioned above. Coastal only does COVID testing on preoperative patients having surgery in our surgery center.

### **What if I test positive for COVID-19?**

If you test positive for COVID-19, you should stay home and avoid contact with others to avoid further spread of the virus. If symptoms worsen, seek medical attention with your PCP or the Emergency Room.

### **How is COVID-19 treated?**

There is no specific antiviral treatment recommended for COVID-19. People with COVID-19 should receive supportive care to help relieve symptoms. For severe cases, treatment should include care to support vital organ functions.

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### **Is there a vaccine for COVID-19?**

Currently there are no vaccines available to prevent COVID-19 infections.

### **What are the dangers of contracting COVID-19?**

Approximately 80% of those infected with COVID-19 will only experience mild symptoms and not require hospitalization. In extreme cases, individuals have experienced pneumonia, multi-organ failure and death.

### **What is Coastal Ear, Nose and Throat doing to ensure the health and safety of the communities it serves?**

Coastal is continuing to work in close contact with the New Jersey Department of Health and the Centers for Disease Control to obtain the latest statistics and details. We are taking all necessary precautions to protect our patients and staff.

For additional information and rolling updates on COVID-19 please refer to: The NJ Department of Health: 1-800-222-1222 or 1-800-962-1253

The Centers for Disease Control and Prevention: [https://www.cdc.gov/coronavirus/2019-ncov/index.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2Findex.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2Findex.html)

**New Website:** Governor Phil Murphy announced the launch of the New Jersey COVID-19 Information Hub, a new, visitor-friendly website available at

<https://covid19.nj.gov/>

The New Jersey COVID-19 Information Hub provides New Jerseyans with the most up-to-date information about COVID-19 and the State's response.

The New Jersey COVID-19 Information Hub includes a COVID-19 Symptom Checker, so New Jerseyans can *receive tailored advice depending on their symptoms, including information about testing. It will also increase the State's ability to analyze the spread of COVID-19.*

*The New Jersey COVID-19 Information Hub is accessible via mobile phone and for those with disabilities. All the content is easily searchable via Google and other search engines so the information can be found widely and consistently.*