

5 Things You Need to Know About Novel Coronavirus (COVID-19)

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How to limit your exposure to this infectious virus

- 1 What is COVID-19?**
COVID-19 is a virus that causes cough, fever or shortness of breath in the majority of patients, but could lead to more serious illness including pneumonia in elderly individuals and those who have chronic medical conditions. Thus, elderly individuals and patients with chronic medical conditions should take greater precautions to avoid exposure.
- 2 What precautions should you take?**
Everyone is encouraged to take precautions to avoid being exposed to COVID-19 – regardless of age or precondition. Stay away from crowds and others who are sick, wash your hands often and for about 20 seconds, and avoid touching your face. It's also a good idea to clean and disinfect surfaces you touch.
- 3 What should you do if you have cold-like symptoms?**
If you develop cough, fever or shortness of breath, stay home, rest, and avoid exposing others until you feel better. Cover your cough or sneeze with a tissue and throw the tissue away. Call your Ascension doctor if your symptoms worsen or you develop shortness of breath.



Ascension is working to keep our community healthy during this time and prevent further infection, while also offering options for easier access to care. Contact your Ascension doctor with questions. For ongoing updates, visit the Centers for Disease Control and Prevention website: [cdc.gov](https://www.cdc.gov)

- 4 What should you do if you are ill and have traveled recently?**
Be sure to call your Ascension doctor if you have traveled within the past two weeks to a country with widespread COVID-19 and have symptoms of fever, cough or shortness of breath. Call ahead and let a healthcare provider know your symptoms and travel history before you visit a doctor's office or emergency room, so we can help keep everyone safe from any potential spread.
- 5 Consider virtual care to help reduce your risk of exposure.**
For easy access to a doctor for urgent care visits without leaving home, use online care from your phone or mobile device. Ascension Online Care offers visits with a doctor 24/7 from work, travel or home. Use code HOME for a discounted \$20 visit. Download the app today at ascension.org/onlinecare. Available in all 50 states. No insurance required.

Avoid exposure to germs and get the care you need at ascension.org/onlinecare