

HIGH POINT CLINIC CORONAVIRUS DISEASE (COVID-19)

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What is the Coronavirus?

- Also called COVID-19
- It is a respiratory illness that spreads easily from person to person
- **Symptoms of the virus are a mild to severe respiratory illness with a fever over 100, possibly a dry cough, with or without shortness of breath**
- A respiratory illness affects your nose, throat, and/or lungs
- COVID-19 affects your lower lungs
- Most people who contract COVID-19 will have mild symptoms and make a full recovery
- If you are diagnosed with COVID-19, stay home for at least 14 days
- Currently there is no vaccination, but they are working on one
- The oldest known survivor of COVID-19 is 103 years old

Don't panic!

Things to know regarding HPC:

- HPC is taking every precaution possible to maintain the safety of our staff and our patients and in doing so:
- We are currently encouraging patients to stay home as we utilize tele-health measures for caring for our patients
- We are going to work with all of our patients to make sure they get the care they need
- **We are no longer taking new patients due to the need to keep our staff healthy and safe and home as much as possible. Our office will be and remain closed on Wednesdays until further notice**
- HPC is an essential medical facility and will continue to provide ongoing care for our patients
- It is important that all patients have provided us with updated phone and pharmacy information so that we may have communication when necessary

Through



SADNESS

we
rediscover

JOY



because crying is the cheapest pain killer

What should I do if I feel sick:

- Take your temperature
- If you have a fever **over 100** and symptoms such as a dry cough or difficulty breathing then-
- call the local Health Department at 423-979-4689 **OR** Nurse Connect at 833-822-5523 for pre-screening measures
- Answer their questions
- If they determine you need a screen, they will direct you to the closest testing site

What to do at home:

- Clean and disinfect hard surfaces (see below for tips)
- Keep the 6 foot space between people when possible
- Cover your mouth & nose when sneezing and coughing with your elbow
- Wash your hands often and for 20 seconds with hot water and soap
- Get lots of rest
- Eat nutritiously, drink lots of water
- Don't give in to panic, remain calm
- Don't hoard supplies that others may need more than you
- Stay informed about the virus through reliable websites—cdc.gov; balladhealth.org

Cleaning tips & tricks:

- Use hot water and soap—it's as good as any other cleaner
- Wipe down all hard surfaces (especially door knobs, faucet handles, etc.) at least once a day (even better once an hour)
- Use disinfecting, antibacterial spray or wipes if you have them with a minimum of 60% alcohol included
- Keep your clothes and bedding washed and clean
- If you are using bleach, remember NOT to use it in conjunction with vinegar, ammonia, or rubbing alcohol as it can create dangerous even toxic fumes
- Do not mix hydrogen peroxide and vinegar as this creates a highly corrosive acid

Things to remember:

- The COVID-19 virus may be serious
- People are going to get sick
- Staying home as much as possible is very important at this time
- Be good to yourself. Re-prioritize what is important and then focus on that.

*May your choices reflect your hopes,
not your fears.*

Nelson Mandela