

Coronavirus COVID-19

Please read the following

MID-CITY OB-GYN, PC IS FOLLOWING THE RECOMMENDATIONS FROM THE CENTERS FOR DISEASE CONTROL (CDC) **WE ASK THAT IF YOU OR YOUR FAMILY MEMBER HAS A ROUTINE APPOINTMENT SCHEDULED WITHIN THE NEXT 14 DAYS AT OUR CLINIC AND ANSWER YES TO THE FOLLOWING QUESTIONS, PLEASE RESCHEDULE YOUR APPOINTMENT AT 402-397-6600.**

SYMPTOMS

COVID-19 symptoms are similar to the cold or flu, and may take up to 14 days to appear after exposure to the virus. Be vigilant as severe cases may lead to pneumonia, kidney failure or death.

ANSWER YES/NO TO THE FOLLOWING:

- Fever of 100.4 degrees F or higher
 - Cough and sore throat
 - Difficulty breathing or shortness of breath
 - Have you or anyone in your household traveled outside the US in the last two (2) weeks?
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PREVENTION

The World Health Organization (WHO) advises the following prevention methods:

Wash Hands Frequently

Use soap and water for visibly dirty hands or an alcohol-based hand rub frequently for non-visibly dirty hands.

Practice Respiratory Hygiene

When coughing and sneezing, cover mouth and nose with flexed elbow or tissue – discard tissue immediately into a closed bin and clean your hands with alcohol-based hand rub or soap and water.

Maintain Social Distancing

Maintain at least 3 feet distance between yourself and other people, particularly those who are coughing, sneezing and have a fever. If you are too close, you can breathe in the virus.

Avoid Touching Eyes, Nose & Mouth

Hands touch many surfaces which can be contaminated with the virus. If you touch your eyes, nose or mouth with your contaminated hands, you can transfer the virus from the surface to yourself.

Seek Medical Care Early

If you have fever, cough and difficulty breathing, seek medical care early and tell your health care provider if you have traveled in an area in China or other areas of sustained transmission (such as Italy, Japan, South Korea, Singapore, Hong Kong, Taiwan and Thailand) where the virus has been reported, or if you have been in close contact with someone who has traveled from China or other areas of sustained transmission and has respiratory symptoms.

Mild Symptoms

If you have mild respiratory symptoms and no travel history to or within China or other areas of sustained transmission, still seek medical care and be sure to carefully practice basic respiratory and hand hygiene and stay home until you are recovered, if possible.

Animal Proximity Precautions

Practice general hygiene measures when visiting farms, live animal markets, wet markets, animal product markets or contact with wild animals. Ensure regular hand washing with soap and potable water after touching animals and animal products.

Animal Consumption

Avoid eating raw or undercooked animal products. Handle raw meat, milk or animal organs with care, to avoid cross-contamination with uncooked foods, as per good food safety practices.

MORE INFO

LAST UPDATED: March 6, 2020

For the most up-to-date information on possible vaccines, treatments, FAQs, news and more, please visit the following official health organizations:

Information for Pregnancy and Travel, refer to:

Centers for Disease Control & Prevention (CDC)

www.CDC.gov

Douglas County Health Department

<https://www.douglascountyhealth.com/infectious-disease/diseases-and-conditions/2019-novel-coronavirus-2019-ncov>

World Health Organization (WHO)

www.WHO.int

CONTACT US

If you have questions or concerns, please call us at:

402-397-6600