March 6, 2020

What You Need to Know about COVID-19

How Henry Ford Is Prepared for COVID-19
We are screening patients for recent travel history to China and other countries with widespread or ongoing transmission of COVID-19, symptoms of the respiratory illness COVID-19, and possible exposure to someone who is being evaluated for or has confirmed COVID-19. We are well-trained to provide safe and effective medical care. Infection control measures are in place to protect our patients, team members and visitors. We continue to work with our community partners at the CDC, Michigan Department of Health & Human Services and local health departments.

The COVID-19 Novel Coronavirus
COVID-19 is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China. The first case of COVID-19 in the United States was reported on Jan. 21, 2020. Check www.cdc.gov for the latest updates.

Travel Advisories
The CDC recommends avoiding all nonessential travel to certain areas of widespread or ongoing transmission of COVID-19. Check www.cdc.gov for the latest updates.

Airport Screening
Detroit Metro Airport is screening travelers returning from China and other countries with widespread or ongoing transmission of COVID-19. Public Health determines next steps.

Symptoms
Patients with confirmed COVID-19 infection have reportedly had mild to severe respiratory illness with symptoms of:

- Fever
- Cough
- Shortness of breath

CDC believes at this time that symptoms of COVID-19 may appear in as few as 2 days or as long as 14 after exposure. Severe complications cause pneumonia in both lungs.

Risk of Transmission
The current understanding about how the virus that causes COVID-19 spreads is largely based on what is known about similar coronaviruses. COVID-19 is a new disease and there is more to learn about how it spreads, the severity of illness it causes, and to what extent it may spread in the United States.

COVID-19 is thought to spread mainly from person to person – either from close contact (within about 6 feet) and respiratory droplets from when an infected person coughs or sneezes. It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching his/her own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.
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**I Had Close Contact with Someone Who Traveled to China – What Should I Do**

Stay home and avoid going out in public. Monitor your health starting from the day you first had close contact with the person and continue for 14 days after you last had close contact with the person. Watch for these signs and symptoms:

- **Fever:** Take your temperature twice a day.
- **Coughing.**
- **Shortness of breath or difficulty breathing.**

Consult with your doctor by phone, virtual care or your MyChart account for next steps. Or, call our nurse line at 313.874.7500 prior to making an appointment. **Do not go to your doctor's office unannounced. Do not go to urgent care.**

If your symptoms worsen – high fever and/or rapid breathing – call 911 and alert the 911 operator of your exposure so paramedics can be prepared for your transport and limit others from being infected.

**Treating COVID-19**

There is no specific antiviral treatment recommended for COVID-19 infection. People infected with COVID-19 should receive supportive care to help relieve symptoms. Currently, there is no vaccine available to protect against the virus.

**Protect Yourself**

These everyday health hygiene practices are recommended to prevent the spread of respiratory viruses:

- Wash your hands often with soap and water for at least 20 seconds.
  - If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue or into our sleeve – not your hands.
  - Throw away the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

**Stay Informed**

- Listen to your doctor and other medical experts.
- Don’t panic. Beware of misinformation on the Internet and social media.
  - CDC, [www.cdc.gov](http://www.cdc.gov)
- Help preserve mask supplies for health care workers and those who are sick by not hoarding them.

Source: CDC, Henry Ford Health System