

COVID-19: What You Need to Know

Dealing with a healthcare concern can be a difficult challenge, and the COVID-19 pandemic makes the situation even harder. We've provided information below to help you navigate this trying time.

If you have any concerns about your health or COVID-19, contact your healthcare provider or call our COVID-19 Call Center 24/7 at 740-687-8818.

Protect Yourself



Frequently wash your hands using soap and water for at least 20 seconds, or if you do not have access to soap and water, use a hand sanitizer with at least 60% alcohol.



Practice social distancing by keeping at least 6 ft of distance between yourself and others.



Avoid touching your eyes, nose and mouth.



Stay at home whenever possible, other than to seek medical attention.



Cover coughs and sneezes with a tissue or the inside of your elbow and then immediately clean your hands.



Avoid close contact with people who are sick.



Wear a face covering over your nose and mouth when around others. Avoid touching the mask and wash your hands before and after handling the face covering.



Talk to your healthcare provider about any additional precautions you should be taking.

Know the Symptoms

COVID-19 is a novel coronavirus, and a wide range of symptoms have been reported. Below are the most common symptoms that may indicate a person has COVID-19.

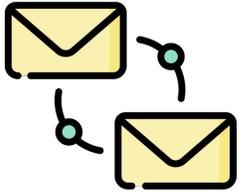
- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

Seek immediate medical attention, if you have any of these emergency warning signs:

- Difficulty breathing
- Constant pain or pressure in your chest
- New disorientation or inability to wake up
- Blue tint in lips or face



Stay Connected



Reach out to a friend you haven't spoken to recently through a phone call, text message, email or a handwritten letter.

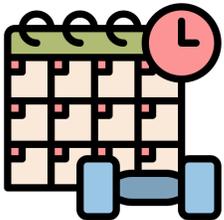


Enjoy nature by spending time in your yard or taking a walk through your neighborhood or local park.

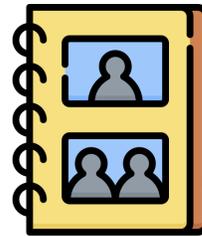
Use a video chat application or phone call to read a book to a grandchild or family friend. (Funny voices always a plus!)



Interact with neighbors from a safe distance of at least 6 ft away – such as over a fence or from your porch.



Stay active. Look for online fitness routines on YouTube, or schedule a time to work out (in separate locations) with a buddy.

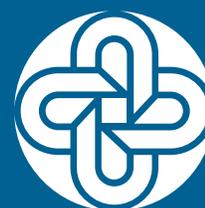


Celebrate memories while cleaning out your closet. Go through old photos and reach out to the people in the photographs to reminisce and reconnect.



Our staff are here to support you during this time. If you feel your mental health is being affected by the COVID-19 pandemic, don't be afraid to reach out and share your feelings with a mental health professional. You can reach Fairfield Healthcare Professionals Psychiatry and Health Psychology at 740-689-6600.

For more information on COVID-19, call our COVID-19 Call Center 24/7 at 740-687-8818 or visit www.fmchealth.org.



Fairfield
Medical Center