

# 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.

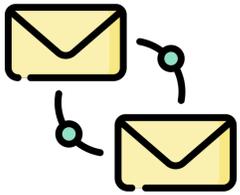
- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

**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.

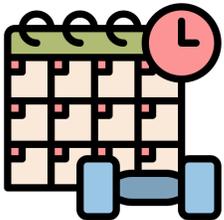


Enjoy nature by spending time in your yard or taking a walk through your neighborhood or local park.

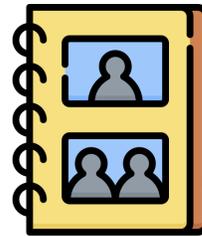
Use a video chat application or phone call to read a book to a grandchild or family friend. (Funny voices always a plus!)



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.

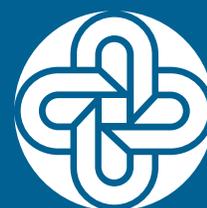


Celebrate memories while cleaning out your closet. Go through old photos and reach out to the people in the photographs to reminisce and reconnect.



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](http://www.fmchealth.org).**



**Fairfield**  
Medical Center

# Cloth Face Coverings



## Cloth Face Covering Checklist: How to properly wear your face covering

### DOS:

- ✓ Wear your face covering at all Fairfield Medical Center facilities.
- ✓ Maintain 6-feet social distancing whenever possible, even if you are wearing a face covering.
- ✓ Make cloth face coverings from household items or common materials. Use multiple layers of a fabric that does not damage or lose shape when laundered or machine dried.
- ✓ Coverings should fit snugly to your face while allowing for breathing without restriction. Wear horizontally and secure behind the head with ties or ear loops.
- ✓ Cover your nose, mouth, and chin at all times.
- ✓ Wash your hands before putting on and immediately after removing.
- ✓ Launder coverings after each use.

### DON'TS:

- ✗ Do not place cloth face coverings on children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- ✗ Do not use medical supply masks, which must be reserved for healthcare workers, first responders, and people who are known to be sick.
- ✗ Do not touch the mask while wearing it. If you do, wash your hands immediately.
- ✗ Do not touch your eyes, nose or mouth when removing the face covering.
- ✗ Do not allow the mask to slip under the nose and do not untie straps/unhook ear loops.
- ✗ Do not wear when wet from laundering or from spit or mucus.



# Wash Your Hands



**ONE OF THE MOST IMPORTANT STEPS YOU CAN TAKE TO HELP YOURSELF AND OTHERS FROM GETTING SICK IS TO WASH YOUR HANDS.**

The correct way to wash your hands and prevent infection:

1. Remove any jewelry from hands.
2. Wet your hands with warm or cold, clean, running water.
3. Use soap and lather the front and back of your hands. Make sure you get in between your fingers and under your nails.
4. Scrub your hands for 20 seconds or hum the "Happy Birthday" song twice.
5. Rinse well under clean, running water.
6. Air dry hands or use a clean towel.

## NO SOAP?

If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol, and wash with soap and water as soon as you can.

It is important to note that alcohol-based hand sanitizers don't kill all germs. Do NOT use hand sanitizer if your hands are visibly dirty or greasy; for example, after playing outdoors (unless a handwashing station is not available). Wash your hands with soap and water instead.



Fairfield Medical Center

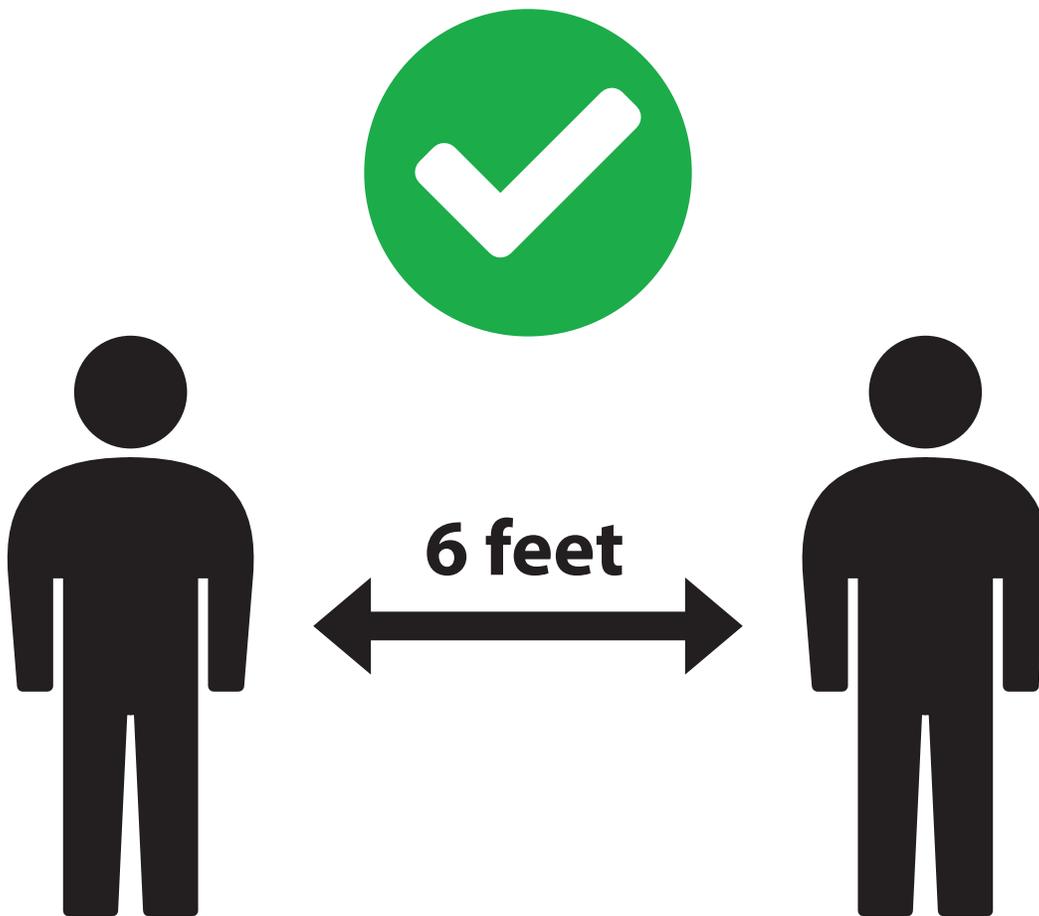
fmchealth.org



# Social Distancing

Stay at least **six feet** from others.

The simple act of social distancing can keep you and others safe from infectious diseases.



Fairfield Medical Center

[fmchealth.org](http://fmchealth.org)