

COVID-19 (coronavirus disease)

The Center For Health

## **Contact Information:**

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# Symptoms of COVID-19

* Fever over 100.4°
* Cough
* Shortness of breath

# How can I protect myself?

* Avoid close contact with people who are sick
* Avoid touching your eyes, nose and mouth with unwashed hands
* Wash your hands often with soap and water for at least 20 seconds. Use an alcohol- based hand sanitizer that contains at least 60% alcohol if soap and water are not available

# What to do if you suspect you are infected with the virus that causes COVID-19

* If you think you have been exposed to COVID-19 and develop a fever and symptoms such as a cough or difficulty breathing call your doctor or the Felician Center for Health at 201-559-3559
* Stay home except to get medical care
* Separate yourself from other people and animals in your house
* Cover your mouth and nose with a tissue when you cough or sneeze
* Avoid sharing personal household items
* Clean your hands often
* Clean all “high-tough” surfaces every day
* Monitor your symptoms
* Discontinue home isolation as per instructions of healthcare provider For more information please go to [*www.cdc.gov/COVID19*](http://www.cdc.gov/COVID19)