

PERSONAL RISK ASSESSMENT & CHECKLIST FOR COVID-19

COVID-19 is a new disease and there is limited information regarding its risk factors for complications or increased severity. Based on currently available information and clinical expertise, older adults and people of any age who have serious underlying medical conditions might be at higher risk for severe illness from COVID-19.

Those at high-risk for severe illness from COVID-19 are:

- + People 65 years and older
- + People who live in a nursing home or long-term care facility
- + Note: If high-risk, be extra careful about contact with others

Additionally, those at risk are people of all ages with underlying medical conditions, particularly if not well controlled, including:

- + Chronic lung disease or moderate to severe asthma
- + Serious heart conditions
- + Immunocompromised
 - › Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
- + Severe obesity (body mass index [BMI] of 40 or higher)
- + Diabetes
- + Chronic kidney disease undergoing dialysis
- + Liver disease



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PANDEMIC CHECKLIST

+ 1. What should I have in my home?

Devices to Monitor the Body:

- A reliable thermometer (not a meat one!) to check temperatures
 - Thermometers can be purchased here
 - For adults: use an oral digital thermometer or ear thermometer
 - For young kids: use a temporal or ear monitor
- A finger pulse oximeter to check the oxygen in your blood. COVID19 is known to have “silent hypoxia”, meaning low oxygen levels.
 - Oximeters can be purchased here
 - If oxygen saturation goes below 95% call your Doctor
 - If less than 92% go to the nearest ER

Prescription & Over the Counter Medications:

- Daily Medications
 - Secure refills for prescribed medications
 - Insurance may allow early refills if you are currently unable to get to pharmacy due to issues related to COVID19. Mail-order prescriptions may also be an option
 - If you have asthma, make sure to stock up on asthma medications, such as inhalers
- Tylenol and Ibuprofen
 - Early reports suggested that Ibuprofen can be harmful when you have COVID19. This was not proven, although it is recommended that you try to use Tylenol initially
 - If Tylenol doesn't help symptoms of fever and body aches, then you can take ibuprofen
 - Taking the correct and maximum dosage is key. Check the label and if not other contraindications, they can be taken together
 - Guaifenesin (also known as Mucinex) can help liquefy secretions. Some anecdotal stories suggest it helps manage symptoms of increased mucus and secretions

Note: Do not obtain or take hydroxychloroquine because it could cause serious, even fatal, adverse effects. There is insufficient research on the drug's usefulness for COVID19.

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Considerations about Groceries & Household Items:

- Have sufficient household items and groceries in your home, so that you can limit trips out of your house for errands
- Consider ordering household items and groceries online.
- If you are an older adult or an at-risk person, check with your local grocery store to see if there are select hours for you to shop with limited contact

+ 2. What should I have in my phone and/or wallet?

- List of daily medications
- List of any allergies to medications
- Insurance card (or photo of insurance card)
- Emergency contact list

+ 3. I am currently healthy. How do I protect myself?

- Wash hands with soap and water for 20 seconds. If you don't have soap and water, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Wear a cloth face covering as recommended by the CDC
- Practice social distancing by staying at least 6-feet away from others.
- Avoid people who are sick. If sick, stay home
- Delay all travel, including plane trips, and especially cruises
- Avoid touching your eyes, nose, and mouth with unwashed hands. Cultivate a habit of not touching your face!
- Clean and disinfect surfaces with products recommended by the EPA, especially high-touch surfaces including:
 - phone, light switches, doorknobs, elevator buttons, handrails, kitchen appliances, countertops, remotes, cell phone, shared electronic equipment, keyboards, faucet, sinks, toilets

4. I am starting to feel sick, but do not know if it is COVID19. What symptoms should I look out for?

- The following are COVID19 symptoms that may appear 2-14 days after exposure to the virus:
 - Fever
 - Cough
 - Shortness of breath or difficulty breathing
 - Chills (new)**
 - Repeated shaking with chills (new)**
 - Muscle pain (new)**
 - Headache (new)**
 - Sore throat (new)**
 - Loss of taste or smell (new)**
 - Rash on the feet for children

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- If you experience COVID19 symptoms, make a plan for taking care of yourself and interacting with others, and seek medical assistance if symptoms worsen (see 3).
 - Stay in touch with people, ask for help from friends, family, neighbors
- Call your **DOCTOR** if you have symptoms, don't consult with **Social Media**. If you have a primary care physician, call them first before heading to urgent care if you are not in respiratory distress.

+ 5. I am starting to feel sicker. When should I seek medical attention?

- Advice from the CDC:
- If you have any of these emergency warning signs* for COVID-19 get medical attention immediately:
 - Trouble breathing
 - Persistent pain or pressure in the chest
 - New confusion or inability to arouse
 - Bluish lips or face
 - *Disclaimer: This list is not all-inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you.**
- Call 911 if you have a medical emergency.** Notify the operator that you have, or think you might have, COVID-19. If possible, put on a cloth face covering before medical help arrives.

Important Message:

People still die from a heart attack, stroke, infections. Don't hesitate to reach out to medical professionals, as you would have before the pandemic.



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