

If You Are Seeking Care for Coronavirus-19...

As the number of confirmed Coronavirus-19 (COVID-19) cases in our state continues to grow, it's important to understand the next steps you and your significant others should take if you begin experiencing symptoms or are seeking care for COVID-19.

Please note, the following information is consistent with the Centers for Disease Control & Prevention (CDC) guidelines.

What are the symptoms associated with COVID-19?

The majority (80%) of patients have mild to moderate symptoms, with a small number developing severe symptoms. It's important to keep in mind that the majority of COVID-19 cases are mild and only a small percentage of patients will require hospitalization. Many patients will be able to recover at home. Currently, care for COVID-19 patients is supportive as there are no medications available to treat this disease.

Symptoms may appear 2-14 days after exposure*:

- Fever
- Cough
- Shortness of breath
- Sore throat
- Diarrhea

*This is based on what has been seen previously as the incubation period of MERS-CoV viruses.

If you are concerned you have COVID-19:

- **Consult with your Primary Care Provider:** Your primary care provider can evaluate you and determine if you meet the CDC guidelines for testing based on your symptoms, travel and exposure to a person known or suspected to have COVID-19. If you do meet the criteria for testing, you will be given a physician order for the test and advised how to proceed.
- **Salem Regional Medical Center can only provide testing with a physician's order.** The test involves taking a specimen from the nose and throat that must then be sent to an off-site Lab. The results may take between 3-5 days to be returned.
- **For patients who do not meet the CDC guidelines for testing:** You may be given a test to screen for influenza. While you are waiting for these results, you will most likely be asked to stay home and restrict activities outside of your home.
- Please read the CDC guidelines regarding what to do if you are sick with COVID-19 or suspect that you may be infected with the virus.

If you are:

- Experiencing mild-general symptoms consistent with a cold or the flu:

- Stay home
- Care for yourself as you normally would for a cold or the flu

- Experiencing persistent fever, shortness of breath, or a worsening cough, contact your physician/primary care provider by phone.

- Experiencing significant symptoms, go to the nearest emergency room or call 911.

For More Information, contact the Ohio Department of Health's Call Center at 1-833-427-5634, daily from 9 a.m.-8 p.m.

