## What is COVID-19?

COVID-19 is an abbreviation for "Coronavirus Disease 2019," the official name for the disease that is causing the 2019 novel coronavirus outbreak. A "novel" coronavirus means it is new and has not been previously identified.

## How is COVID-19 transmitted?

COVID-19 is a droplet borne virus which spreads from the respiratory tract, much like influenza virus. It is transmitted when people are coughing and sneezing in close proximity. It does not linger in the air and is therefore less infectious than many other viruses. To compare, for every one person with COVID-19 who infects 2-3 people, one person with measles which is air borne, will infect 20 people.

## What are the symptoms caused by COVID-19?

Symptoms include fever, cough, and shortness of breath. Most cases are mild, but sometimes may progress to pneumonia or bronchitis.

## Who is at risk for contracting the COVID-19 virus?

Anyone who has traveled outside the United States within the last 14 days, or has been in contact with someone known to have COVID-19, is at risk for infection. Like other infectious respiratory diseases, the elderly, immune-compromised, or individuals with other chronic health conditions can be at higher risk for more severe illness.

## What should I do if I think I am experiencing symptoms of COVID-19?

If you are experiencing symptoms of COVID-19 limit your interactions with others as much as possible. Stay home from work if you're not feeling well. Then, call your provider's office. Medical staff will answer your questions and address your concerns. Premier will also be offering patients the option to schedule a Telemedicine appointment.

## What is Premier Medical Group doing to ensure a healthy and safe environment for patients and staff during the outbreak of COVID-19?

We have been working with local and state health departments and following the latest CDC guidelines to ensure a healthy and safe environment for patients and staff. Premier offices are monitoring patients' temperature and masking appropriate patients as they enter the waiting room. We are also practicing social distancing and sanitizing all surfaces on a frequent basis

Premier is also offering Telemedicine appointments for our patients so that they can have access to their providers from the comfort of their own home. Please call your provider's office for more information on Telemedicine.

## How you can help prevent the spread of COVID-19

- Frequent hand washing with soap and water. If soap and water are not available, alcohol-based hand sanitizers are an alternative.
- Proper hygiene, including coughing into a tissue or your elbow. Disinfection of surfaces with and commercially available disinfectant such as Lysol. Minimizing touching your face.
- Avoiding contact with infected individuals.
- Practice social distancing. Allow at least 6 feet between you and others.

## Where can I go for more information?

Premier Medical Group is keeping our community informed on our website: www.premiermedicalhv.com/covid19 and on Facebook: www.facebook.com/PremierMedicalGroupHV

The CDC is also updating information on its website daily. Stay informed by visiting www.cdc.gov/coronavirus

For information regarding New York visit www./coronavirus.health.ny.gov/home or call 1-888-364-3065.