

# The WellHealth Guide to novel Coronavirus.

WellHealth has been preparing for the possible spread of novel Coronavirus in our area and keeping up to date with current health authority information, symptoms, treatments, and how to deliver the best care to our patients.

WellHealth is taking the threat of novel Coronavirus seriously, and we want to ensure our patients that our clinical teams are adequately prepared to employ appropriate protocols should the risk level rise, and as we get more instruction from local and national health authorities.

## WHAT IS NOVEL CORONAVIRUS?

Coronaviruses are a large family of viruses that are common in many different species of animals, including camels, cattle, cats, and bats. Rarely, animal coronaviruses can infect people and then spread between people such as with MERS-CoV, SARS-CoV, and now with this new virus (named COVID-19).

COVID-19 is a *betacoronavirus*, like MERS-CoV and SARS-CoV. The origins of COVID-19 are still inconclusive. The genetic sequences from infected U.S. patients are similar to those from cases originating from China, suggesting a likely single, recent emergence of this virus from a single source.

## WHAT ARE THE SYMPTOMS OF NOVEL CORONAVIRUS?

For confirmed coronavirus disease 2019 (COVID-19) cases, reported illnesses have ranged from mild symptoms to severe illness and death. Symptoms can include fever, shortness of breath, and coughing. These symptoms may also be indicative of another illness.

## HOW DO I PREVENT NOVEL CORONAVIRUS?



Frequently wash hands with soap and water. Scrub for at least **20 seconds**.



Avoid touching eyes, nose, and mouth with unclean hands.



Cover nose and mouth when sneezing and coughing.



Minimize interactions with symptomatic individuals.



Keep hands, objects, and surfaces clean.

## **WHAT DO I DO IF I THINK I HAVE NOVEL CORONAVIRUS?**

- Stay home and minimize contact with others.
- Cover nose and mouth when sneezing and coughing.
- Keep hands, objects, and surfaces clean.
- When outside the home, wear surgical masks to limit the transmission of the virus.
- Contact your local hospital or health authority for further guidance.

## **HOW IS WELLHEALTH PREPARING?**

WellHealth is continuing to receive information from local and national health authorities on a daily basis. WellHealth's clinical team has been trained on how to receive and triage patients showing symptoms of novel Coronavirus and are ready to employ the appropriate protocols should the risk level increase. If you, or someone you know, show symptoms and are concerned with the possibility of recent interaction with potentially infected patients, please contact your local hospital or health authority for further guidance.

## **HOW IS NOVEL CORONAVIRUS TREATED?**

Treatment for the novel Coronavirus is along the same approach as other Viral diseases. No specific treatment or vaccine exists at this time. Treatment aims to be supportive, ensuring adequate respiratory function and control of secondary infections. This is especially important in populations more likely to have severe complications with the disease, such as the elderly, those with underlying respiratory or cardiovascular disorders. Isolation is used to minimize spread.

