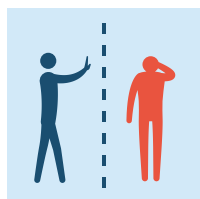


# Helpful Information about the Novel Coronavirus (COVID-19)



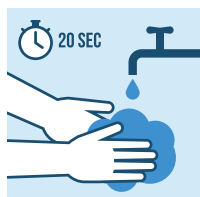
As your trusted health care provider, Hoag is here to help. Below is important information to protect yourself, your family and your community.

## 6 Daily habits to help prevent the spread of viruses



### Physical Contact

Avoid close contact with people who are sick.



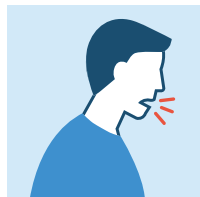
### Keep Hands Clean

Clean your hands often. Use alcohol-based hand sanitizers or wash your hands with soap and water for at least 20 seconds.



### Avoid Touching Face

Try to avoid touching your eyes, nose and mouth with unwashed hands.



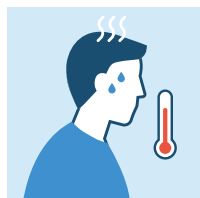
### Have A Cough or Cold?

Cover your cough or sneeze with a tissue, not your hand. Throw the tissue in the trash.



### Clean Surfaces

Clean and disinfect frequently touched objects and surfaces, using a cleaning spray or wipe.



### Feeling Sick?

Stay home when you're sick. If you believe you've been exposed to the virus, even if you are not showing symptoms, please stay home and contact your primary care physician. If you don't have a primary care physician, visit one of our 13 Hoag Urgent Care facilities.

Continued on back

# Helpful Information about the Novel Coronavirus (COVID-19)



## Signs and symptoms of COVID-19

- **Fever**
- **Cough**
- **Shortness of breath or difficulty breathing**
- **Recent close contact with a COVID-19 patient or recent travel to a Level 2 or 3 Travel Health Notice area designated by the CDC.**

## What to do if you suspect you have COVID-19

If you or a loved one are experiencing the symptoms listed above, it is important to give advanced notice before visiting a health care facility.

## When and how you should access care:

### **Mild symptoms, stay home**

Please stay home, self-quarantine, and follow prevention measures to avoid infecting others.

### **Worsening symptoms, call first**

Before you go to a facility, call your primary care physician. If you don't have a primary care physician, visit one of our 13 Hoag Urgent Care facilities. Additionally, the Orange County Health Care Agency is taking questions from the public regarding COVID-19 via the Health Referral Line at **800-564-8448**, Monday through Friday from 8 a.m. to 5 p.m.

### **Severe symptoms, call 911**

If you're experiencing life-threatening, severe symptoms, call 9-1-1 immediately.

## Hoag is well prepared to care for our community

Hoag clinicians are following Centers for Disease Control and Prevention (CDC) guidelines, and we have strong infection control policies, procedures and systems in place. As recommended by the CDC, our clinicians are screening all patients for fever, respiratory symptoms and travel history within a month prior to symptom onset. Anyone meeting the CDC-established criteria will be further instructed per established protocol by the health department.

## Stay informed

Please visit the CDC website, [cdc.gov/COVID19](https://www.cdc.gov/COVID19), which has the most current information about the virus, including everything you need to know about how the virus spreads, how it's treated, how to protect yourself, and what to do if you get sick.