



Coronavirus Information

Human Coronaviruses are a family of viruses known to cause illness ranging from the common cold to more severe disease.

-) Usually cause mild to moderate upper respiratory illness like the common cold.
-) Many people get infected with one or more of these viruses at some point in their life
-) *These common coronaviruses should not be confused with COVID-19*

COVID-19 is the new coronavirus that was first detected recently in China and has now spread to the United States.

Symptoms of common coronaviruses compared to COVID-19

Symptoms of Common Coronaviruses	Symptoms of COVID-19
<ul style="list-style-type: none">) Runny nose) Sore throat) Headache) Fever) Cough) General feeling of being unwell) Sometimes cause pneumonia or bronchitis	<p>Symptoms may appear 2-14 days after exposure</p> <ul style="list-style-type: none">) Fever) Cough) Shortness of breath) Reported illnesses range from mild to severe

Spread of virus:

-) The air by coughing and sneezing
-) Close personal contact
-) Touching contaminated objects or surfaces, then touching your mouth, nose or eyes prior to washing your hands or using alcohol-based hand sanitizer

Prevention: you can protect yourself and others by doing the following:

-) wash your hands often with soap and water for at least 20 seconds or use alcohol-based hand sanitizer
-) avoid touching your eyes, nose or mouth with unwashed hands
-) avoid close contact with people who are sick
-) stay home while you are sick
-) cover your mouth and nose when you cough or sneeze
 - wash your hands after you cough or sneeze with soap and water for at least 20 seconds or use alcohol-based hand sanitizer
-) clean and disinfect objects and surfaces – common household disinfectants are effective

When to wear a face mask:

-) The CDC states that you should only wear a facemask if you are sick/coughing
-) If you are not sick, you do not need to wear a facemask – this will not prevent you from getting sick
-) Healthcare providers should only wear facemasks if they are sick, or when they are caring for someone who is sick/coughing



Elara Caring is Working Hard to Prevent the Spread of COVID-19

Coronavirus Task Force

-) Key leaders at Elara Caring are meeting daily to discuss updates and develop protocols to keep staff and patients safe
-) The task force is working with our suppliers to provide proper equipment to care for our patients
-) The task force developed a protocol for staff to self-report if they have been exposed to COVID-19, and they will be monitored closely to ensure the safety of our patients and other employees

Elara Caring Staff Education & Training

-) All Elara Caring staff have received education about COVID-19, and will be receiving ongoing education as needed
-) Elara Caring Staff are following the following protocol:
 -) Avoid close contact with people who are sick.
 -) Avoid touching your eyes, nose and mouth.
 -) Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing or sneezing.
 -) If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
 -) Stay home when you are sick.
 -) Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
 -) Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
 -) Cleaning equipment and tablets between patient use.
 -) Follow CDC's recommendations for using facemask.
 - o CDC does NOT recommend that people who are WELL wear a facemask to protect themselves from respiratory diseases, including COVID-19.
 - o Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of disease to others. The use of facemasks is important for health workers and people who are taking care of someone in close settings.

Call Us First whenever you have concerns about your health, or have questions about your care. Support is available 24/7.