

# What is Co-VID 19?

There are many types of human coronaviruses including some that commonly cause mild upper-respiratory tract illnesses. COVID-19 is a new disease, caused by a novel (or new) coronavirus that has not previously been seen in humans.

## How should I protect myself and my family?

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- 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.
- Wash your hands often with soap and water for at least 30 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.

## What Symptoms should I look out for?

- Shortness of breath
- Fever
- Cough
- Sore throat
- Heaviness in chest
- Signs of a respiratory illness

## What should I do if I experience these symptoms?

If the Hospice patient, or anyone living in the home, begins to experience these symptoms, you should call your RN Case manager to report them, especially if you are expecting a visit from the Hospice worker later in the day. Should you or your family experience these symptoms, your Hospice staff will advise you of the next steps.

If you would like additional information about COVID-19 check out: [Health.ny.gov](https://www.cdc.gov/coronavirus/2019-ncov) or [cdc.gov](https://www.cdc.gov/coronavirus/2019-ncov) or <https://www.cdc.gov/coronavirus/2019-ncov>