

COVID-19 INFORMATION GUIDE

Prepared by Commission for
"Social Service and Charity,"
St. Mary, Queen of Peace Syro-Malankara
Catholic Eparchy in USA and Canada

What are symptoms of COVID-19?

*Fever; Dry Cough; Sore Throat;
Shortness of Breath/Difficulty Breathing;
Tiredness; Aches;
Diarrhea; Vomiting;
Lack of Appetite; Loss of Taste/Smell*

If you present with these symptoms or have other cold/flu-like symptoms and do not feel better after 3-4 days, then you should contact your primary care physician.

It is important that you self-monitor your health, and remain alert for these symptoms.

How can I protect myself and my loved ones?

- **STAY HOME.**
 - You should only leave your house if you absolutely **need** to:
 - Essential workers going to work
 - Getting groceries/medical supplies
 - Exercising by yourself
 - **IF** you leave your house, maintain at least **SIX FEET** of distance between yourself and others.
- Do not come into close contact with people who are sick.
- Do not touch your eyes, nose and mouth with unwashed hands.
- Wash your hands with soap and water for at least 20 seconds.
- Do not shake hands. Just wave!

WHO IS AT RISK?

ALL OF US.

But, those who are most at risk for severe illness are adults ages 50 or older, or those who have chronic health conditions, such as:

Lung disease, Heart disease, Diabetes, Cancer, Weakened immune system



What is COVID-19?

- As per CDC, Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person.
- It can spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes.
- It can also be possible for a person to get COVID-19 by touching a surface or object that the virus is on it and then touching their own mouth, nose, or possibly their eyes (although this isn't the main way the virus spreads).



Uh oh. I'm sick! Now what do I do?

- **STAY HOME.**
- Cover your cough/sneeze with a tissue (then immediately throw that tissue into the trash and wash your hands), or into the bend of your elbow. If you sneeze or cough into your hand, then wash your hands with soap and water immediately.
- Clean and disinfect frequently touched objects and surfaces.
- If you don't feel better in 3-4 days, contact your primary care physician for a consult.
- Do not go to the Emergency Department/other health care facilities if you are not severely ill. **Contact your primary care physician first.**

DRINK *more* WATER



Please reach out to your
**parish vicar or parish
secretary** for a list of
providers you can call.

How can I treat my symptoms, or those of my loved ones?

DRINKS LOT OF WATER. Stay hydrated and rest at home!

Over-the-counter medicines can help with symptoms. For most people, symptoms last a few days and people get better after a week.

Someone I care for is sick. How can I prevent the spread of germs while caring for them?

- Have that person stay in one room, away from others as much as possible
- Try using a separate bathroom, and avoid using personal household items (like dishes, towels and bedding)
- If that person needs to be around others (within the home/in a vehicle/doctor's office), they should wear a facemask.
- WASH YOUR HANDS frequently; especially after interacting with the sick individual.
- Wash the laundry thoroughly. Keep the soiled linen away from your body while laundering.
- Avoid having any unnecessary visitors → SOCIAL DISTANCING. You should not be gathering with friends even if it is less than 10 people.

MAINTAIN SOCIAL DISTANCING.



How do I know I am not contagious, and am free of COVID-19?

- | | |
|--|--|
| <ul style="list-style-type: none"> • I am willing to get tested. • All three criteria need to be met: <ul style="list-style-type: none"> ◦ I no longer have a fever (without the use of medicine that reduces fever) ◦ My other symptoms have improved (eg. cough and shortness of breath) ◦ I have received 2 (two) negative tests <u>in a row, 24 hours apart.</u> | <ul style="list-style-type: none"> • I <u>am not</u> willing to get tested. • All three criteria need to be met: <ul style="list-style-type: none"> ◦ I have no fever for at least 72 hours (or 3 full days, without the use of medicine that reduces fever) ◦ Other symptoms have improved (eg. cough and shortness of breath) ◦ At least 7 days have passed since my symptoms first appeared |
|--|--|



IMPORTANT

REMEMBER!

YOU CAN STILL GET RE-INFECTED
even though you had it once before.

Do not stop adhering to proper
preventative measures and do not
stop practicing proper hygiene!

HOW CAN I BE OF HELP TO MY HEALTHCARE COMMUNITY?

- Stay home, please.
- Please do not use N95 masks at home. These are needed in hospitals! If you know of facilities that have these masks, please reach out and encourage them to donate to hospitals!
- Do not go out and buy a large supply of hand sanitizers for your homes. Instead, wash your hands with soap and water.
 - Washing your hands with soap and water is MUCH SAFER than using hand sanitizer.
- Keep the healthcare community in your prayers.



REFERENCES

Coronavirus Disease 2019 (COVID-19). (2020, March 27). Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/index.html>