

## APPENDIX 2- KEY POINTS FOR PATIENTS

1. Spread of COVID-19: COVID-19 is a corona virus. It spreads from person to person by the droplets that spew into the air when an infected person coughs, sneezes, or even spits while talking. A person becomes infected when these droplets contact their eyes, nose and mouth. Most often this results from the person touching the infected droplets on a surface and then touching their eyes, nose or mouth. It can also happen from inhaling the droplet from the air. These droplets do not stay in the air long but can live on surfaces for many hours.
2. Symptoms of COVID-19: the most common symptoms are *cough and fever*. Feeling short of breath is a troubling sign that means you should call your doctor for an evaluation.
3. Risk of COVID-19 for older adults: Older people are at high risk for developing the severe form of COVID-19 infection and having complications of this infection. Those who also have other illnesses especially asthma, lung problems, diabetes, or cancer are more likely to have complications.
4. What can you do to protect yourself?
  - a. Avoid contact with infected people.
  - b. Practice social distancing (minimize contact with people and 6-foot distance between you and others)
  - c. Avoid crowds and public places
  - d. Avoid public transportation
  - e. If you must go out, use hand sanitizer frequently especially after touching surfaces others have touched such as door handles, shopping carts, elevator buttons, and counter tops
  - f. WASH YOUR HANDS
5. Stay home whenever possible. If people with possible or known infection are also in your home, keep them to an isolated room if you can (their own specific chair, and eating utensils). Clean eating utensils and plates with soap and hot water/dishwasher. Clean any common surfaces several times a day with bleach or other disinfecting cleansers.
6. Check your medications: Be sure you have enough prescription medications for a 2-month supply (call your doctor and ask for refills for anything you are running low)
7. Prepare your "lists": medications, medical history (including allergies), advanced directives and goals of care
8. Keep your immune defenses up: Sleep well, stay hydrated, get good nutrition
9. What to do if you are not feeling well: Seek medical attention but call first. CALL your doctor and tell them your symptoms. This will help them take care of you. Call 911 if you believe you are having a medical emergency. Notify the operator you think you may have
10. If you think you may have COVID-19:
  - a. Call ahead before visiting a doctor. If you have a medical appointment, call your doctor's office or ED, and tell them you may have COVID-19. This will help them take care of you and help protect themselves and other patients.
  - b. Wear a face mask if you are sick. This will limit spreading the virus at home and when you see the doctor in the office or ED.