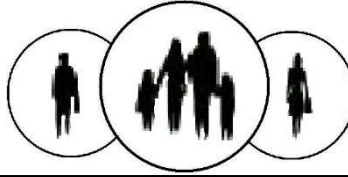


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Information on Prevention, Diagnosis and Treatment of Corona Virus (COVID-19), Updated March 16, 2020

Prevention is the most important item

1. You catch the virus by getting it in your eyes, nose or mouth.
2. Avoid exposure to sick people, and avoid exposing others to your illnesses.
 - a. If you've been exposed, please quarantine yourself for 14 days.
 - b. Don't go to work if you are ill, and don't require ill employees to come to work.
3. Frequently wash your hands with soap and warm water for 20 seconds.
4. Use hand sanitizer with at least 60% alcohol only if handwashing isn't possible.
5. Avoid touching your hands to your face, eyes, nose or mouth.
6. The virus is inhaled from droplet spread from coughing/sneezing, within 6 feet.
7. If droplets land on surfaces/skin, they can be transferred to your face & inhaled.
8. N-95 Facemasks are effective mainly in preventing ill people from spreading the disease. They work to prevent exposure only by decreasing hand to face contact.
9. People with symptoms are more likely to spread the disease than those without.

Diagnosis – There are clues to higher risk illness.

1. Symptoms may start 2-14 days after exposure.
2. **Cough, Shortness of breath, & Fever** over 100.4 are hallmarks of the disease.
3. Nausea, and nasal or sinus congestion are less common in COVID-19 infection.
4. Take your temperature if you have cold or flu symptoms. The Office will ask.
5. Inform MD of contact with known COVID-19 patients, or travel to high-risk areas.
 - a. China, South Korea, Iran and Italy are under Level 3 Health Notice.
 - b. Japan is under a Level 2 Health Notice.
 - c. <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html> for the latest.
6. More testing is becoming available, but still limited to ill patients or exposures. If you have symptoms as above, or have been exposed to a known case, call us.

Treatment – mainly supportive

1. Symptoms vary – asymptomatic, thru mild URI symptoms, to deadly pneumonia.
2. Previously healthy people are less likely to have severe illness.
3. Very young, older, or chronically ill people are at increased risk of severe illness.
4. Mild symptoms may be treated symptomatically, while staying in quarantine.
5. Contact your doctor for moderate to severe symptoms, or for questions.
6. For severe respiratory distress, call 911 & explain your symptoms, for transport.
7. No vaccine or specific treatment is available; care is supportive.