

## WHAT YOU NEED TO KNOW ABOUT CORONAVIRUS (COVID-19)

As the COVID-19 coronavirus outbreak becomes more widespread, the U.S. Centers for Disease Control and the Los Angeles County Department of Public Health are monitoring the situation closely, providing hospitals with daily updates. Know that Methodist Hospital is closely monitoring the situation locally and is prepared to care for those in need.

### How to protect yourself and prevent spreading the virus:

- Wash your hands frequently with soap & water for at least 20 seconds.
- If soap & water are unavailable, use an alcohol-based sanitizer that contains at least 60% alcohol.
- Avoid touching your face.
- When you cough or sneeze, cover your mouth and nose with a tissue, then throw the tissue in the trash and wash your hands.
- Clean and disinfect frequently-touched objects and surfaces.
- Avoid close contact with people who are sick.
- Get a flu shot.

### Symptoms of COVID-19:

- Fever >100.4° F. (or >38° C.)
- Cough
- Shortness of breath
- Difficulty breathing

### If you are sick:

- Stay home. If symptoms are severe, call your doctor or visit an urgent care center or emergency room. Be certain to inform your doctor or the urgent care/ER receptionist that you are presenting with symptoms of COVID-19.
- Wash your hands frequently with soap & water for at least 20 seconds.
- If soap & water are unavailable, use an alcohol-based sanitizer that contains at least 60% alcohol.
- Avoid touching your face.
- When you cough or sneeze, cover your mouth and nose with a tissue, then throw the tissue in the trash and wash your hands.
- Avoid close contact with people.

### Have you recently traveled?

- If you have traveled internationally in the past 14 days or come in contact with someone who is sick and traveled recently internationally:
  - ✓ Stay home and call your doctor
  - ✓ If you visit a doctor's office, urgent care center or hospital emergency room, please notify the staff about your travel history (or your contact with others who are sick) and put on a mask.

## What to expect if you come to Methodist Hospital

- All patients and visitors will be evaluated for COVID-19 before entering the hospital.
- No visitors under 18 years old will be allowed in the hospital.
- No overnight visitors. Visiting hours are 8:00 AM to 9:00 PM.
- Only one visitor per day will be allowed. This means only one individual person will be allowed to visit during any 24-hour period. If you leave the building, you must re-identify yourself and be re-evaluated for COVID-19 in order to re-enter the hospital.
- Each time you enter or leave a patient room, wash your hands with soap & water for 20 seconds.
- Use the alcohol-based sanitizer outside the room often during your visit.
- Masks will only be provided if the patient is in droplet isolation. Ask the nurse if a mask is necessary.
- During the time of your visit, please remain in the room with your loved one. Refrain from moving in and out of the room, standing outside the room, or meeting in a waiting room.
- Until further notice, our cafeteria is available to employees only. Vending machines are available in the waiting rooms should you need a snack, or you may request a guest tray with the patient's meal for a small fee.

At this time of urgency, all clinical services at Methodist Hospital remain open and available to provide needed care for all patients.

Additional information on COVID-19 may be found at [www.cdc.gov](http://www.cdc.gov) or [www.publichealth.lacounty.gov/acd/n/corona2019.htm](http://www.publichealth.lacounty.gov/acd/n/corona2019.htm)