

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

What are the symptoms of the Novel Coronavirus (COVID-19)?

Current symptoms reported for patients with the Novel Coronavirus have included mild to severe respiratory illness with fever, cough, and difficulty breathing.

There are simple everyday preventive actions to help prevent the spread of respiratory viruses. These include:

Avoid close contact with people who are sick.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

Is there a vaccine?

Although there are currently no vaccine to protect against COVID-19, Medical Providers such as The New York Foundling is instructing all children in foster care to receive the flu vaccines. The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.

What should I do if I or a child in my home experiences these symptoms?

1. As these symptoms are much like symptoms that one would experience with other colds, flu and illnesses, the best thing to do is:
2. Call your doctor and share all known symptoms over the phone. Your doctor may be able to give instructions over the phone to avoid having the child travel to the office/clinic. **You should not take a child into a doctor's office or clinic without calling ahead.**
3. If you or a family member has a routine scheduled appointment, you must notify the office or clinic if either the child (or other household member) has a fever or cough—or has traveled outside of New York before arriving for the appointment.
4. If you are at a doctor's office or clinic and you or the child have expressed concern about the coronavirus, you may be asked to wear a mask and wait in a separate section of the waiting area to prevent the potential spread of a virus.
5. If you do not have or cannot reach a primary care medical professional, and cannot go to an Urgent Care center, go to the Emergency Room of the nearest hospital.
6. Your first option is to seek medical advice and attention however, please feel free to contact the Care Coordination Unit at Graham Windham for any guidance if you are unsure on how to proceed (718-875-1167 or 718-294-1715).

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but now it seems to be spreading from person to person. It is important to note that person-to-person spread can happen on a continuum. Some diseases are highly contagious (like measles), while other diseases are less so. At this time, it is unclear how easily or sustainably the virus that causes COVID-19 is spreading between people.

What do I do if there is a quarantine at the school of someone who lives in my home?

If you live or have close contact with someone who is diagnosed with COVID-19, consult your primary care medical professional immediately whether or not you are having symptoms of the disease. If you are diagnosed with the virus, feel sick with fever, cough, or difficulty breathing, you should seek medical care. Call the office of your health care provider before you go, and tell them about your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people; do not go out to reduce the possibility of spreading illness to others.

PLEASE REMEMBER TO FOLLOW THESE SIMPLE INSTRUCTIONS TO AVOID THE SPREAD OF RESPIRATORY VIRUSES:

Wash your hands

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.

Thank you for your attention to this matter and cooperation,

Graham Windham
Care Coordination Unit