

NOVEL CORONAVIRUS NOTICE

Information for Patients

March 7, 2020



What is Novel Coronavirus?

Coronaviruses are a large family of viruses that are common throughout the world and can cause respiratory illness in people and animals. There are several known coronaviruses that infect people and usually only cause mild respiratory disease, such as the common cold. However, some coronaviruses have caused severe illness — like the novel coronavirus you've heard about recently.

What is the current situation?

This new respiratory virus called COVID-19 (novel coronavirus) is causing an outbreak of respiratory illness throughout the world. It originated in Wuhan, China, and has spread to many other countries — including the United States. Public health officials are keeping a close watch on how the virus is spreading. Taking reasonable precautions and protecting yourself during cold and flu season is always a good idea.

Intermountain Healthcare is working closely with local, state, and federal public health officials to follow best practice guidelines for this and any other infectious disease. Our clinicians are well prepared. Our infection control experts are mobilized and leading a coordinated effort to equip our clinical and support teams with protocols, communications, training, and supplies. The Utah Department of Health is the lead on any coronavirus investigations in the state, and we will support them and our communities in every way that we can.

How can I protect myself and my loved ones from coronaviruses?

The best way to protect yourself and loved ones from contracting coronaviruses is by using the same six daily habits that help prevent the spread of many viruses, including the common cold and the flu:

1. Avoid close contact with people who are sick.
2. Wash your hands with soap and water frequently. Wash hands often with soap and warm water for 15 seconds. If soap and water aren't available, use an alcohol-based hand rub.
3. Avoid touching your eyes, nose, and mouth with unwashed hands.
4. Stay home when you're sick (and keep sick children home from school).
5. Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
6. Clean and disinfect frequently touched objects and surfaces

IMPORTANT: If you've traveled to places where the virus is spreading recently and you develop a fever, cough, or difficulty breathing, please put on a mask then mention this to your provider or caregiver. Tell them your symptoms and where you've traveled.

For more information visit www.cdc.gov/wuhan or contact:

Utah Department of Health
1-888-EPI-UTAH (374-8824)

Idaho Health Department
Public Health Program Manager
Tanis Maxwell, BSN, RN
1-208-737-5971