



COVID-19 (Coronavirus Disease 2019)

Frequently Asked Questions

Updated March 11, 2020

This document is intended to answer common questions Sanford Health employees may have regarding COVID-19 (coronavirus disease 2019).

Disease Information

What is COVID-19?

COVID-19 is a respiratory illness caused by a new strain of a coronavirus called SARS-CoV-2. This outbreak started in China, but has now spread to many countries, including the United States.

What are the symptoms of COVID-19?

- Fever
- Cough
- Shortness of breath

How does COVID-19 spread?

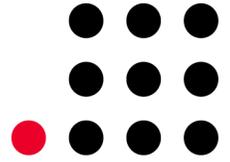
The virus is spread from person to person through close contact and respiratory droplets that are produced when an infected person coughs or sneezes. It may be possible to get COVID-19 through contact with a contaminated surface or object; however, this is not the main way the virus spreads.

How can we prevent COVID-19 from spreading?

- Avoid close contact with people who are sick.
- Practice good respiratory and hand hygiene:
 - Cover your cough and sneezes.
 - Wash your hands often (for at least 20 seconds) and use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth.
- Stay home when you are sick
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask:
 - Patients coming to our facilities with a cough or respiratory symptoms should be given a mask.
 - People with a COVID-19 infection must wear a mask to minimize the spread of the virus.
 - Health care workers taking care of individuals with the virus need masks to protect themselves.
 - The CDC does not recommend people who are well wear a facemask to protect themselves from respiratory illnesses, including COVID-19.

How is COVID-19 treated?

Treatment for COVID-19 is supportive care (treating the symptoms). There are no antiviral or vaccine options at this time.



Clinical Information

When should patients call their provider?

- If they have been in close contact with a person known to have COVID-19 and have developed symptoms.
- If they have recently traveled from an area with widespread or ongoing community spread of COVID-19.

Who should wear a mask?

Not everyone needs to wear a mask.

- Patients with a cough or respiratory symptoms should wear a mask when in the hospital or clinic.
- Health care workers taking care of individuals with the virus need masks to protect themselves.
- The CDC does not recommend people who are well wear a facemask to protect themselves from respiratory illnesses, including COVID-19.

Resources

Where can I go for information?

- [CDC Information](#)
- [Sanford Health News](#)