

Novel Coronavirus (COVID-19) Questions & Answers

We understand that as patients at SCCA, you may have some questions about COVID-19. We've answered some frequently asked questions here:

What are the symptoms of COVID-19?

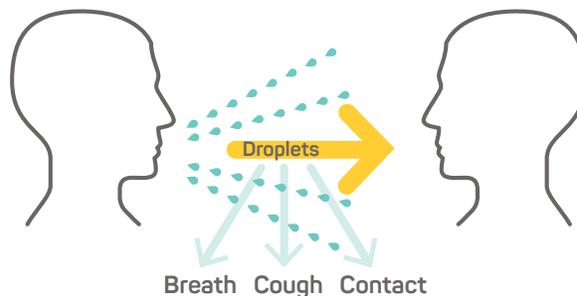
The symptoms of COVID-19 may include, but are not limited to, **fever, chills, cough, shortness of breath, chest tightness, sore throat, stuffy or runny nose, loss of taste or smell, new onset of diarrhea, or muscle aches and pains.**

People who have been diagnosed with novel coronavirus have reported symptoms that may appear in as few as two days or as long as 14 days after exposure to the virus. People who are immunocompromised may have fewer symptoms (e.g. absence of fever) when they initially get sick.

How does novel coronavirus spread?

Health experts are still learning the details. Currently, it is thought to spread:

- Through respiratory droplets produced when an infected person coughs, sneezes or talks.
- Between people who are in close contact with one another (within about six feet).



Droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

What is SCCA doing to protect patients?

We are taking the following steps:

- Screening all who enter the clinic for COVID-19 symptoms and testing, if appropriate.
- Providing procedure masks to all staff working in the clinic.
- Requiring all patients, visitors, and staff in SCCA clinics to wear a mask. If patients and visitors aren't wearing one, a mask will be provided upon arrival.
- Limiting visitors. Patients may only bring one visitor with them to appointments. A visitor is a caregiver, spouse, family, friend or anyone who is not a patient or staff member. Our alliance partners, University of Washington Medicine and Seattle Children's, are also limiting visitors. Ask your care team for more information.
- Postponing all patient education events, classes and volunteer opportunities. Some classes are available online at [YouTube.com/c/SCCAPatientEducation](https://www.youtube.com/c/SCCAPatientEducation).
- Increasing the frequency of cleaning high-touch surfaces, such as door handles and elevator buttons.

What should I do if I have symptoms?

If you have an appointment and have COVID-19 symptoms, call your care team before you come to the clinic. Knowing about symptoms before you come to the clinic helps us keep everyone safe.

What can I do to keep myself, my family and friends safe?

- Avoid going to gatherings with large numbers of people.
- Follow social distancing guidelines.
- Stay home when you are sick.
- Wear a mask or cloth face covering when you are out in public and cannot practice social distancing. Wear a mask or cloth face covering before you enter a healthcare setting, including SCCA clinics. If someone comes with you to your appointment, we recommend they wear one, too. Learn how to make a cloth face covering: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-facecoverings.html>
- Practice good hand hygiene and cough and sneeze etiquette. (www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html) Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Plan how you will take care of sick family members. Make plans for childcare if you are sick or if your child is sick. Have a thermometer at home so you can check for fever if you or a loved one feels ill.
- Stay informed — check the SCCA COVID-19 site (www.seattlecca.org/coronavirus) and the CDC site (www.cdc.gov) regularly for new updates.

Your health and safety are our top priority.

SeattleCCA.org