This handout explains what you should know about COVID-19 and what we’re doing to keep you safe while you’re at Fred Hutchinson Cancer Center.

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 COVID-19 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, for instance, not have a fever, when they first get sick.

How does COVID-19 spread?
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.

What is Fred Hutch 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 Fred Hutch 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. Ask your care team for more information.
- Postponing all patient education events, classes and volunteer opportunities. Some classes are available online at fredhutch.org/pe-youtube-videos
- 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.
- When indoors with others, try to improve ventilation as much as possible.
- Stay home when you are sick.
- Wear a mask when you are out in public and cannot practice social distancing. Wear a mask before you enter a healthcare setting, including Fred Hutch clinics. If someone comes with you to your appointment, they should wear one, too.
- Practice good hand hygiene and cough and sneeze etiquette. ([cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html](https://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 Fred Hutch COVID-19 site ([fredhutch.org/covid19](http://fredhutch.org/covid19)) and the CDC site ([cdc.gov](http://www.cdc.gov)) regularly for new updates.

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*Updated 3/23*

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