



TOBY & LEON COOPERMAN  
**SINAI RESIDENCES**  
BOCA RATON  
**GLADES MEDICAL  
GROUP**

March 4, 2020

Dear Sinai Residents & Sinai Staff,

This flu season, 2019-2020 has been especially busy with higher numbers of our "regular" flu and many patients experiencing pneumonial and extended episodes of cough and fever. This is now compounded by the Coronavirus (COVID-19) a viral disease caused by SARS-CV02 first identified in Wuhan China in December 2019.

**SYMPTOMS**

**Symptoms may be mild to severe and include:**

<b>Fever</b>	<b>Sore Throat</b>
<b>Dry Cough</b>	<b>Muscle Aches</b>
<b>Shortness of Breath</b>	<b>Unusually Tired</b>
<b>Nasal Congestion</b>	

Some people will experience a very mild case with almost no symptoms. Incubation, the time a patient may be contagious is two - fourteen days. They may not have any symptoms.

The COVID-19 is in over fifteen states and will probably expand as it has not reached its peak yet. The regular flu season has not peaked yet but is still more active in every community. The COVID-19 can only be treated by tackling the symptoms as there is currently no vaccine.

**SHOULD I SEE A DOCTOR OR NURSE?**

If you have a fever with cough or trouble breathing and might have been exposed to COVID-, call your doctor or nurse. You might have been exposed if you have been around a person who has the virus, or if you recently (in the last 14 days) traveled to any of the areas where lots of people have the virus.

If your symptoms are not severe, it is best to call your doctor, nurse or clinic before you go in. They can tell you what to do and where to go. If you do need to go to the clinic or hospital, you will need a facemask. The staff might also have you wait some place

away from other people.

If you are severely ill and need to go to the clinic or hospital right away, you should still call ahead. This way the staff can care for you while taking steps to protect others.

Your doctor or nurse will do an exam and ask about your symptoms. They will also ask questions about where you live, and whether you have had contact with people who might be sick or with animals.

### **WILL I NEED TESTS?**

Yes. If your doctor or nurse suspects you have COVID-19, they will do tests on samples of fluid taken from inside your nose and mouth. They might also test fluid from your lungs, as well as your urine and stool (bowel movements). These tests can all show if you have COVID-19 or another infection.

Your doctor might also order a chest X-ray to check your lungs.

### **HOW IS COVID-19 TREATED?**

Many people with COVID-19 have only mild illness and can rest at home until they get better. If you have more severe illness, you might need to stay in the hospital, possibly in the intensive care unit (also called the "ICU"). There is no specific treatment for the infection, but the doctors and nurses in the hospital can monitor and support your breathing and other body functions, and make you as comfortable as possible.

You might need extra oxygen to help you breathe easily. If you are having hard time breathing, you might need to be put on a ventilator. This is a machine to help you breathe.

### **CAN COVID-19 BE PREVENTED?**

There are things you can do to reduce your chances of getting COVID-19.

Some experts recommend avoiding travel to certain countries where there are a lot of cases of COVID-19. If you do live or travel in one of these areas, try to stay away from people who have any symptoms of the infection. You can also protect yourself by washing your hands with soap and water often. The table has instructions on how to wash your hands to prevent spreading illness.

You can also lower your risk of infection by avoiding animals and markets that sell animal products. Do not eat raw meat, and do not eat food that might have been in contact with animals without washing, peeling or boiling it first.

Transmission is by respiratory droplets up to six feet from person to person.

Prevention includes:

Wash hands with very warm water and soap for at least twenty seconds, being sure to clean between all fingers. Wash hands frequently. Be sure to wash hands after touching railings, chairs, doors etc. in common areas.

If soap and water is not available use hand sanitizer but wash hands with soap and water as soon as possible.

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

Do not shake hand or hug others.

Avoid contact with people who are sick.

Stay home if you are sick.

Consult your physician if symptoms last for several days or become more serious.

Mask should only be used if physician recommends as it does not prevent getting flu - only prevents you from spreading your germs. They limit circulation and become dirty and are not meant for prevention at all.

If someone in your home has COVID-19, there are things you can do to protect yourself:

- Keep the sick person away from others - The sick person should stay in a separate room and use a separate bathroom if possible.
- Use face masks - The sick person should wear face mask when they are in the same room as other people. If YOU are caring for the sick person, you can also protect yourself by wearing a face mask when you are in the room. This is especially important if the sick person cannot wear a mask.
- Be extra careful around body fluids - if you will be in contact with the sick person's blood, mucus, or other body fluids, wear a disposable face mask, gown and gloves. If any body fluids touch your skin, wash your hands with soap right away.
- Clean often - it's especially important to clean things that are touched a lot. This includes counters, bedside tables, doorknobs, computers, phones and bathroom surfaces.
- Wash hands - Wash your hands with soap and water often. Hand washing must be done for at least 20 seconds and washing between fingers and entire hand

## **HOW CAN I PREPARE FOR A POSSIBLE COVID-19 OUTBREAK?**

It is hard to predict where future outbreaks might happen. The best thing you can do to stay healthy is to wash your hands regularly, avoid close contact with people who are sick, and stay home if you are sick.

If there is an outbreak in your area, schools or businesses might close temporarily. If this happens, or if someone in your family gets sick with COVID-19, you might need to stay at home for a period of time. There are things you can do to prepare for this. For example, you might be able to ask your employer if you can work at home, or take time off, if it becomes necessary.

You can also make sure you have a way to get in touch with relatives, neighbors, and others in your area. This way you will be able to receive and share information easily.

If you or others are anxious about COVID 19, keep in mind that most people do not get severely ill or die from it. While it helps to be prepared, and there are things you can do to lower risk, try not to panic.

Sincerely,

A handwritten signature in black ink, appearing to read "David B. Hevert". The signature is written in a cursive style with a large, stylized "D" and "H".

David B. Hevert, MD  
Sinai Residences Medical Director

