

A Message from Munson Healthcare

Coronavirus (COVID-19): What You Need to Know



Common COVID-19 Symptoms:

The majority of people who contract COVID-19 will experience mild to moderate symptoms, 2-14 days following exposure to the new coronavirus. These symptoms include:

- 1 Fever (100+ degrees)
- 2 Shortness of breath
- 3 Cough
- 4 Fatigue

What To Do:



Stay home and avoid others. If you are experiencing any of these symptoms, it is critical to avoid others, rest, and get plenty of fluids. This includes those who have traveled to a high-risk area and may have come in contact with the new coronavirus. If you have concerns, call your family doctor. You can also contact our Munson Healthcare hotline at **231-935-0951** and press 5 to speak to a nurse. This option is available daily from 7 am - 7 pm.

For more stay-at-home tips that help reduce the spread to loved ones and neighbors, visit munsonhealthcare.org/slowthespread.



When to Seek Emergency Help:

For some people, the symptoms may be more severe. More severe symptoms include:

- Difficulty breathing
- Persistent pain or pressure in the chest
- Confusion
- Bluish lips or face

People Most at Risk for Developing More Serious Symptoms:

- Older adults
- People with pre-existing medical conditions, such as high blood pressure, heart disease, lung disease, cancer, or diabetes

If you experience any of these severe symptoms, please seek immediate medical attention or call **911**.



You're Feeling Well But Worried

What To Do:

Social Distancing: Social distancing involves avoiding large gatherings. If you have to be around people, keep 6 feet between you when possible.

Wash your hands:

1. Wet your hands with clean, running water (warm or cold) and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.



If you aren't able to wash your hands with soap and water, use an alcohol-based hand sanitizer that contains at least 60-95% alcohol.

Seek soothing activities that can help distract you from worry. Visit munsonhealthcare.org/blog for helpful tips.

Thank you for doing what you can to help slow the spread and keep our facilities accessible for those most impacted. We are honored to serve you and this *amazing* community.



MUNSON HEALTHCARE