

SYMPTOMS OF CORONAVIRUS

Patients with COVID-19 have experienced mild to severe respiratory illness. Symptoms may appear 2-14 days after exposure.

Symptoms can include:



Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19.

For more information visit cdc.gov/COVID19-symptoms

EMERGENCY CONTACTS

Medical Centers

- SRMT Medical Outreach Services:
(518) 358-3141 ext. 7130
- MCA Community Health Program:
(613) 575-2341 ext. 3220

Emergency Operations Centers

- SRMT EOC: (518) 320-0019
- MCA EOC: (613) 575-5005 or (613) 575-2331

Coronavirus Hotlines

- Franklin County Emergency Services
COVID-19 Hotline: (518) 481-1111
- Alice Hyde Medical Center (medical questions):
(518) 481-2700
- NYS Dept of Health COVID-19 24/7 Hotline:
1-888-364-3065
- Eastern Ontario Health Unit: 1-800-267-7120

For More Information

- U.S. Center for Disease Control: www.cdc.gov
- NYS Department of Health: www.health.ny.gov
- Eastern Ontario Health Unit: eohu.ca/en



COVID-19 (NOVEL CORONAVIRUS)

A GUIDE TO TESTING



VIRAL TESTING: check samples from your respiratory system by swabbing the inside of the nose, to tell if you currently have an infection with COVID-19 (Novel Coronavirus.) Results may take several days to be processed.



YOU SHOULD BE TESTED IF:

- You are a SRMT Healthcare providers, EMTs, or paramedics providing direct patient care with symptoms.
- Patients seeking care at SRMT clinic and presenting with COVID-19 symptoms.
- People who have had contact with confirmed COVID-19 cases.



TO SCHEDULE A TESTING: Call Saint Regis Mohawk Health Services at (518) 358-3141. The testing is being conducted in accordance with guidance from the U.S. CDC and will be provided by **appointment only**.

QUESTIONS & ANSWERS

WHAT IS SELF-QUARANTINE?

Quarantine is a public health practice that separates people who have been exposed or have become sick with a contagious disease.

WHO SHOULD SELF-QUARANTINE?

You should self-quarantine if you:

- are ill, or have been in contact with anyone who is ill. If you are known to be infected with COVID-19 or have been exposed to someone who is infected, or anyone that has traveled 50+ miles from the community.

HOW LONG DOES SOMEONE NEED TO SELF-QUARANTINE?

Self-quarantine need to last for 14 days. This is the incubation period (time between catching the virus and showing symptoms) of COVID-19.

WHO IS MOST SUSEPTABLE TO COVID-19?

People who are immunocompromised, adults 60+, those with heart disease, lung disease, and diabetes.

CAN CHILDREN CATCH COVID-19?

Children do not appear to be at higher risk for COVID-19 than adults, but can still contract the virus. The CDC is investigating the correlation of COVID-19 and multisystem inflammatory syndrome.

FAMILY ADVOCATE & FOOD DISTRIBUTIONS

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT

1

Diseases can make anyone sick regardless of nationality, race or ethnicity.

2

Older adults and people with serious underlying medical conditions may be more at risk for severe illness from COVID-19.

FACT

3

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

FACT

4

There are simple things you can do to help keep yourself and others healthy:

- Wash hands often and thoroughly
- Avoid touching eyes, nose, mouth
- Stay home when you are sick
- Cover your cough or sneeze
- Practice social distancing

Steps to help prevent the spread of COVID-19 if you are sick

Stay home except to get medical care. People who are mildly ill with COVID-19 are able to recover at home.



Separate yourself from other people in your home.



Call ahead before visiting your doctor. This includes picking up any prescriptions.



Cover your coughs and sneezes, dispose of tissues in the trash and wash hands immediately.



Wash your hands for 20 seconds often. If soap and water are not available, use hand sanitizer with at least 60% alcohol.



Avoid sharing personal and household items, and wash items thoroughly after each use.

