

Information on COVID-19

How it spreads

- The virus is thought to spread mainly from person-to-person
 - Between people who are in close contact with one another (6 feet)
 - Through droplets when an infected person coughs, sneezes or talks

Recommended precautions

- Wash your hands often
 - Use soap and water and wash for at least 20 seconds
 - If soap and water is not available, use a hand sanitizer that contains at least 60% alcohol
- Avoid touching your eyes, nose, and mouth
- Avoid close contact. Stay at least 6 feet apart from other people
- Wear a mask, covering your mouth and nose, when around others
- Clean and disinfect frequently touched surfaces daily

Monitor daily for symptoms

- Symptoms to watch for:
 - Fever, cough, shortness of breath, chills, fatigue, headache, muscle or body aches, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea
- If you experience any of the above symptoms or have been exposed to anyone who has tested positive for COVID-19 call the Pediatric Center at 716-845-4447.

Resuming activities

Discuss with and get approval from your TCT Clinician before resuming the following activities:

- Dining out
- Traveling
- School
- Recreational activities
- Indoor & outdoor entertainment

The best way to prevent illness is to avoid being exposed to the virus

For more information on COVID-19 visit: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Roswell Park Pediatric Center

Hours: Mon-Fri 8 a.m.-5 p.m.

Phone: **716-845-4447**

After business hours please call **716-845-4447** and choose the nurse option. This will direct you to the OCH operator who will notify the on-call physician.