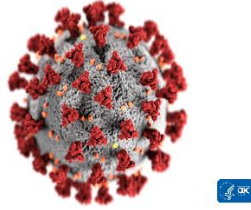


Community Medical Center
is monitoring the current situation regarding the corona virus or COVID-19.



Corona virus disease 2019 (COVID-19) is a respiratory disease caused by a novel (new) coronavirus that was first detected in China. CMC is monitoring the situation daily and taking necessary steps to prepare for activity related to this disease. It is important to educate yourself with facts related to any communicable disease. The Center for Disease Control and Communication (CDC) is a reputable source for the most current information and provides guidelines and recommendations which are followed by most healthcare facilities including CMC.

Although the risk of acquiring COVID19 are still low, precautions are similar to those taken with any other virus:

1. Wash hands with soap often. 20 seconds is recommended.
2. Use hand sanitizer with a minimum of 60% alcohol.
3. Use a tissue when sneezing or coughing and dispose of properly.

If you are experiencing minor symptoms including fever, cough, shortness of breath without distress, STAY HOME.

If you have traveled to or have been in close contact with someone who has traveled to an area where corona virus has been confirmed or you have had contact with a confirmed COVID-19 patient and you are experiencing symptoms, (fever, cough, shortness of breath) call your provider immediately. They will assist you in next steps.

As always, if you are experiencing respiratory distress or any other emergent medical situation proceed to the emergency room. Notify staff immediately upon arrival if you suspect exposure to the virus.

At this time, CMC is asking for community members to use the main entrance and avoid use of the Emergency entrance when visiting inpatients. Please do not visit if you are experiencing flu-like symptoms.

We will post updates to Facebook and our website as information is received.

If you have any questions or concerns, please call 402-245-2428 and ask to speak to infection control.

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 their race or ethnicity.

People of Asian descent, including Chinese Americans, are not more likely to get COVID-19 than any other American. Help stop fear by letting people know that being of Asian descent does not increase the chance of getting or spreading COVID-19.

FACT
2

The risk of getting COVID-19 in the U.S. is currently low.

Some people who live in or have recently traveled to places where many people have gotten sick with COVID-19 may be monitored by health officials to protect their health and the health of other people in the community.

FACT
3

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

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT
4

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

FACT
5

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

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



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For more information: www.cdc.gov/COVID19