



Staying safe COVID-19

Together with so many others, our top priority will continue to be the safety and well-being of our patients and our community.

As your cardiologists, we remain vigilant in protecting your health and safety. With preventative measures remaining the most effective way to reduce the risk of community transmission and further outbreak, we are working diligently to safely reopen all of our services which will bring several new changes.

The following precautions will be effective June 1, 2020, when all services resume:

- Patients scheduled for any office visit will be screened for respiratory symptoms and fever.
- Symptomatic patients should call the office before arrival.
- Patients should activate their personal patient portal account through our website at www.magnusheart.com.
- Telemedicine is available to patients who are at greater risk. in an effort to lessen traffic to/from the office.
- Common areas have been adjusted and traffic redirected to minimize contact.
- Staff are trained and following guidelines to minimize patient to patient contamination with protective equipment and post visit disinfectants.
- Patients are required to wear masks that cover their mouth and nose.
- Visitors are not permitted to accompany patients unless they are primary caregivers or if they are required for communication/translation.
- Isolation and triage protocol to include separate exit for patients.
- The hospital is requiring that all patients receive COVID-19 screening prior to any hospital test/procedure.

Basics about COVID-19

Coronavirus disease (COVID-19) is a highly contagious illness caused by a type of virus (SARS-CoV-2). The virus is spread from person to person by respiratory droplets. For some patients, the virus can result in a severe pneumonia that can cause acute respiratory distress. The incubation period of the virus is as much as 14 days, with a median time of 4-5 days from exposure to symptoms onset.

Symptoms of COVID-19 range from mild (no symptoms, cough, fever) to severe (shortness of breath, shock, or multi-organ system dysfunction). Factors that increase the risk of developing severe illness include advanced age, or having pre-existing conditions including cardiovascular disease, diabetes, COPD, hypertension, and cancer.

Prevention

With no vaccine currently available to prevent COVID-19, the best way to prevent the illness is to avoid exposure. Additional ways to protect yourself include:

- Frequent hand washing with soap and warm water for at least 20 seconds. If only hand sanitizer is available, ensure you cover all surfaces of your hands with a sanitizer that contains 60% of higher alcohol.
- When in public, wear a mask that covers your mouth and nose
- Avoid touching your face.
- Avoid close contact, especially with someone who is ill.
- Cover your mouth and nose with a face cover when in public to prevent spreading the virus to others as you may have it, but not present with symptoms yet.
- Cover coughs and sneezes with a tissue and immediately wash your hands.
- Clean and disinfect often, all surfaces that are frequently touched. DO NOT ingest disinfectants.
- Stay home when you are sick, except to get medical care.

Symptoms

Symptoms may appear 2-14 days after exposure to the virus and usually include: cough, fever, loss of smell, and shortness of breath. Please seek medical attention if you experience high fevers, shortness of breath, "bluish" lips, chest pain, or confusion.