



Coronavirus (COVID-19)



Coronavirus are a group of common viruses. Generally, causes mild to moderate infections in the upper respiratory tract, such as the common cold. But they can also cause more serious diseases, such as bronchitis and pneumonia.

What are the signs or symptoms of coronavirus?

Symptoms depend on the severity of the infection.

- Fever
- Cough
- Breathing difficulties



How is coronavirus transmitted?

The virus is transmitted from an infected person to others through:

- Touch an object or surface with the virus and then touch your mouth, nose or eyes before washing your hands.
- Respiratory drops produced by an infected person when coughing or sneezing.

How coronavirus is diagnosed?

To make a diagnosis, your doctor will:

- Do a physical exam
- Take medical history, including questions about your symptoms.
- May do bloods sample
- May do lab test of sputum, a sample from throat swab, or other respiratory specimens.

What can I do to protect myself and prevent the spread of disease?

- **Wash your hands** with soap and water for at least 20 seconds.
- **Use a hand sanitizer** that contains at least 60% alcohol if soap and water are not available.
- When you cough or sneeze, **cover your mouth and nose** with your elbow bent or with a tissue, throw away the tissue immediately and wash your hands.
- Avoid close contact with sick people.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- If you have a fever, cough and breathe hard, **seek medical attention** as soon as possible *and* tell your doctor of the places you have traveled before.
- **Stay home** when you are sick
- **Clean and disinfect** frequently touched surfaces.



What treatments exist?

- There is no specific treatment for coronavirus infections. Most people will improve on their own.
- To relieve symptoms, you can take medications for pain, fever and cough.

- Do not give children aspirin or cough medicine to children under four years old.
- Take a hot shower to help relieve a sore throat and cough.
- Drink plenty of fluids
- Getting plenty of rest
- Follow the doctor's instructions.

Remember

- Coronavirus generally causes mild to moderate infections in the upper respiratory tract, such as the common cold.
- Symptoms depend on the severity of the infection.
- They can cause more serious diseases, such as bronchitis and pneumonia.
- Coronavirus is transmitted from an infected person to others.

Contact your Primary Physician

To receive more information or counseling on how you and your family can address physical and emotional concerns about the coronavirus.

Important

If you need emergency services, you can dial 9-1-1 or go to any emergency room.

If you have any symptoms that you understand require immediate attention, before visiting an emergency room, you can contact the Medical Counseling Line toll-free at 1-844-347-7801, twenty-four (24) hours a day, seven (7) Days of the week. TTY / TDD users should call 1-844-347-7804. By calling the Medical Counseling Line before visiting an emergency room, you will be exempt from paying the copayment for services received during your visit to the emergency room.

For more information

Customer Service Department
1-844-347-7800
TTY/TDD 1-844-347-7805

Visit our website
www.firstmedicalvital.com

Reference

<https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>
<https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>
<https://www.who.int/es/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
<https://www.who.int/es/health-topics/coronavirus>
<https://medlineplus.gov/spanish/coronavirusinfections.html>
<https://www.bbc.com/mundo/noticias-internacional-51388995>