

An Important Update from the Infection Prevention Team

Novel Coronavirus (COVID-19) as of 4/21/20

SPHINX HHC is committed to providing home health care services with the highest professional, ethical, and safety standards. Part of this commitment is providing you, our employees, with education to keep you safe.

Please review the frequently asked questions and answers below to equip yourself with correct, current information about the virus to protect you and your loved ones, while ensuring we continue to put our clients first.

What is Novel Coronavirus (COVID-19)?

- It is a new Coronavirus that was originally detected in Wuhan, China, that has become a global pandemic of respiratory disease spreading from person-to-person. This situation poses a serious public health risk. The federal government is working closely with state, local, tribal, and territorial partners, as well as public health partners, to respond to this situation. COVID-19 can cause mild to severe illness; most severe illness occurs in older adults.

How is COVID-19 spread?

COVID-19 is thought to spread mainly from person-to-person. Person-to-person spread means:

- Between people who are in close contact with one another (within about 6 feet)
- From respiratory droplets produced when an infected person coughs or sneezes. These droplets can possibly land in the mouths or noses of people who are nearby, be inhaled into the lungs, or land on surfaces that people touch.

What are the symptoms of Coronavirus?

There are a wide range of symptoms of COVID-19 reported, ranging from mild symptoms to severe illness:

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New onset of loss of taste or smell

How soon after exposure to COVID-19 do signs and symptoms occur?

- Symptoms occur anywhere from 2 to 14 days after exposure to the virus.

What is the risk to me?

- This is a rapidly evolving situation and the risk assessment may change daily. The latest updates are available on the [CDC's Coronavirus Disease 2019 \(COVID-19\) website](#).

What is SPHINX doing to keep me safe?

- SPHINX has an Infection Prevention Program that provides the highest standards of infection prevention practices as recommended by the CDC and the Occupational Safety and Health Administration (OSHA).
- SPHINX is following [CDC travel-related guidelines](#), which instruct all international travelers to stay home for 14 days after returning from travel, monitoring their health, and practicing social distancing.
- SPHINX continues to develop educational resources as the situation evolves and is sending daily communication updates to field employees with guidance to best support you and our clients.

What can I do to keep clients and myself safe?

- Open communication with your office is a key element to keeping both you and your clients safe.
- Alert your office if you or a family member are traveling to or have traveled internationally in the past 14 days.
 - If you are traveling and unsure if your destination is affected by this outbreak, [click here](#) for important travel and safety information.
 - Upon return to the United States from any international travel, please follow CDC recommendations which include that all international travelers stay home for 14 days after returning from travel, monitoring their health, and practicing social distancing. View this [CDC travel resource](#).
- In general, whether you travel to an area where this virus is present or not, **please do not come to work sick.**
- Alert the office of any communication that is shared with you by your patients, their families, your friends, or relatives regarding possible exposure to COVID-19 upon travel to an area where COVID-19 is present, so we can provide you with any additional information to keep everyone safe.
- Consistently follow all recommended practices for hand hygiene and standard precautions, including using gloves and personal protective equipment (for example, surgical masks) when caring for a client with influenza, and safety needles to prevent exposure to blood and body fluids.
- View this at-a-glance guide to Personal Protective Equipment (PPE) Guidelines.

For more information about the COVID-19, visit the [CDC website](#).

Please feel free to contact the office with any questions or concerns.