



Update on the Coronavirus

During this heightened state of concern about the COVID-19 virus, Mount Sinai South Nassau wants to help you and your families stay healthy. Below is some useful information about how to protect yourself from infection.

For the most up to date information about COVID-19, please visit the CDC website at: www.cdc.gov/coronavirus

Mount Sinai South Nassau COVID-19 information is located at: southnassau.org/sn/ncov-covid-19

(If you are not sick and have no symptoms, please do NOT call our Emergency Department. Call your primary care provider or your local urgent care center for guidance. Mount Sinai South Nassau's Emergency Department can only screen for COVID-19 as medically necessary.)

Always call 9-1-1 in the event of a medical emergency.

Thank you for supporting Mount Sinai South Nassau. Be assured that we are monitoring the COVID-19 situation very closely and are prepared to meet the needs of the communities we serve.



If you have not traveled to an area where COVID-19 is prevalent or been in close contact with a traveler, and you develop respiratory symptoms, it remains likely that you have a seasonal illness like the flu rather than COVID-19.



The steps to protect yourself from COVID-19 are generally the same as those for the flu.



The vast majority of people who contract COVID-19 will not require hospitalization; symptoms are often mild enough that one can recover at home.



You only need to seek medical care if you develop life-threatening conditions like severe shortness of breath, changes in mental status, severe dehydration, or other complications.

> Contact your provider for more advice and call ahead if you plan to seek medical care.



Patient Information: The Mount Sinai Health System is taking extra precautions to provide the safest environment possible. If you have symptoms that include feeling feverish, new-onset persistent cough, nasal congestion, and shortness of breath, AND EITHER have had contact with a person with COVID-19 or if you have traveled to a CDC Level 3 Country (There is a list on the CDC website), please call ahead to an urgent care or provider office.

New Visitor Policy: Our new hospital visitor policy is effective immediately and states:

- All visitors must be 15 years of age or older
- **Inpatients:** Only two healthy visitors are allowed at a time
- **Emergency Department:** All patients in the emergency departments will be limited to only one healthy visitor at a time*
- **OB Visitor Policy:** a. Labor & Delivery and Postpartum is now restricted to ONLY the patient's significant other (or other designated SINGLE INDIVIDUAL, e.g. patient's mother). b. Doulas are prohibited at this time. This change, which does restrict grandparents from visiting, was made in part because people over 60 are the highest risk group...we should not be exposing them to a hospital. The restriction of visitors to only one individual is intended to reduce the total number of individuals in our care areas. This individual is "it" for the duration of the stay and may not be swapped out with a different individual.
- **Transitional Care unit (TCU):** There will be no visitors allowed at this time
- Visit only if you are healthy. If you have a cold or flu-like symptoms, please stay home

*There is no Emergency Department access through the front door (Oswald Ct.) of the hospital. All Emergency Department patients and visitors must enter only through the ED entrance.

Preventive measures for

FLU + COVID-19



Washing your hands is the best protection:

Wash often

- Use soap and water
- Wash for at least 20 seconds

Use hand sanitizer

- Alcohol-based
- When washing is not an option



Avoid close contact:

With people who are sick or may appear under the weather

Stay home when you are sick. Do not expose others.



Face masks:

Those showing symptoms of these diseases **should wear a mask** to help prevent the spread of the disease.

Wearing a mask is not recommended for those who are well, it will not protect you.



Cover your cough or sneeze:

Use a tissue then

- Trash the tissue
- Wash your hands

Into your elbow

- When a tissue is not available



Clean and disinfect often:

With a household cleaning product, wipe

- Frequently touched objects
- Regularly used surfaces



Frequently Asked Questions

Frequently Asked Questions About COVID-19

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory (breathing) illness caused by a novel (new) coronavirus that was first identified during an outbreak in China.

Should I worry about getting COVID-19?

According to the New York State and New York City Departments of Health, the risk to the public remains low.

What are the symptoms?

The symptoms of COVID-19 are similar to the flu. They include fever, cough, and shortness of breath.

I have symptoms, should I go to the doctor?

As recommended by the CDC, if you suspect you are infected, we recommend you seek medical care following the step-by-step guidance on the CDC website here: <https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>

How do I get tested?

Testing for COVID-19 is done only in collaboration with public health authorities. Mount Sinai collaborates with both the New York City and New York State health departments to determine who is tested. If you are concerned but do not have any symptoms like fever, cough, or difficulty breathing, testing is not recommended.

Which areas is COVID-19 prevalent in? Where do I need to be concerned about traveling?

The Centers for Disease Control and Prevention maintains the most current list of these countries at <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>.

Should I wear a mask to protect myself?

Not unless you are sick. The World Health Organization (WHO) recommends the use of masks only for people who have symptoms of COVID-19 or other respiratory illnesses, such as cough and fever, and for those caring for individuals who have symptoms.

How can I protect myself?

- **Perform hand hygiene** either with alcohol-based hand sanitizer (at least 60 percent alcohol) or soap and water.
- **Practice respiratory hygiene.** Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- **Don't touch your eyes, nose, or mouth,** especially with unwashed hands.
- **Avoid close contact** with people who are sick.
- **Clean and disinfect** frequently touched objects and surface.
- **Stay home** when you are sick.

Is it safe to come to Mount Sinai?

Yes, our first priority is always the safety of our patients. We are confident in the safety of our facilities and want to reiterate that there is no increased risk to our patients because of the case this weekend. Mount Sinai is open and all appointments, classes, and events are scheduled as normal.

We do ask that if you have respiratory symptoms like coughing, please consider rescheduling nonessential appointments, and call ahead to let your doctor's office know about your symptoms. This will help us keep everybody safe.

I want to know more; what are good sources of information?

The best resource for information on the virus is on the CDC website at www.cdc.gov. The CDC provides useful information including frequently asked questions and travel guidance. More information is also available at mountsinai.org/covid19.

