

Stay safe and healthy

We at The Journey are concerned about the lives affected by COVID-19 and the health and well-being of our patients and staff members. We continue to monitor and assess this evolving situation and appropriately respond based on guidance issued by public health authorities and other known information.

We hope that some semblance of normalcy will return in our lives. Your well-being, goodwill, and trust as part of The Journey family are most important to us. We must work together to reduce community transmission of the virus. We will continue to update you as needed. We wish you, your family, and our communities the very best.

The Journey follows the guidance from the Centers for Disease Control and Prevention, the World Health Organization (WHO) and Rhode Island Department of Health (RIDOH). Being informed is an important part of being prepared.

Below we will share information from the Centers for Disease Control and Prevention (CDC) regarding COVID-19.

What you need to know: Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can I get COVID-19? Yes. COVID-19 is spreading from person to person in parts of the world. Risk of infection from the virus that causes COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19.

How does COVID-19 spread? The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

What are the symptoms of COVID-19? Patients with COVID-19 have had mild to severe respiratory illness with symptoms of: • fever • cough • shortness of breath

What are severe complications from this virus? Some patients have pneumonia in both lungs, multi-organ failure and in some cases death. People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

Is there a vaccine? There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment? There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

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. Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

Fact 2: For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low. Older adults and people of any age with underlying health conditions, such as diabetes, lung disease, or heart disease, are at greater risk of severe illness from COVID-19.

Fact 3: Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

Fact 4: 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.

Fact 5: 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.

For more information go to www.cdc.gov/COVID19

Stay safe and healthy!

All of us at The Journey