Rockingham VNA & Hospice is monitoring the progression of the Coronavirus (COVID -19) in alignment with Exeter Heath Resources and the most current guidance from the Centers for Disease Control and Prevention (CDC) and NH Department of Public Health

Rockingham VNA & Hospice Staff are being screened daily before going into work environments or patient homes for any symptoms of illness.

In addition, staff are screening every patient, prior to every visit for the following symptoms

- Fever
- Cough
- Shortness of breath
- Recent travel or exposure to any individual testing positive to COVID-19

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- 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 using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.
- CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

For information about handwashing, see CDC's Handwashing website

What are the symptoms of COVID-19?
The most common COVID-19 symptoms appear 2-14 days after exposure:

- Fever
- Cough
- Shortness of Breath

What should I do if I have these symptoms? Do I need to get tested for coronavirus?
Call your primary care doctor if you feel sick with fever, cough, or difficulty breathing, and have been in close contact with a person known to have COVID-19, or if you live in or have recently traveled from an area with ongoing spread of COVID-19. *If you have only cold symptoms and a low-grade fever, call your provider. Do not go to the Emergency Department or a walk-in urgent care clinic.*

Your doctor will work with the New Hampshire Public Health Department and CDC to determine if you need to be tested for COVID-19.

How do people catch COVID-19?
The virus is spread through respiratory droplets when an infected person coughs or sneezes. Someone who is actively sick with COVID-19 can spread the illness to others. That is why CDC recommends that these patients be isolated at home in most cases or in the hospital (depending on how sick they are) until they are better and no longer pose a risk of infecting others. It is also possible to get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose or eyes.

Should I wear a facemask to protect myself when I go out in public?
CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory illnesses, including COVID-19. You should only wear a mask if a healthcare professional recommends it. A facemask should be used by people who have COVID-19 and are showing symptoms. This is to protect others from the risk of getting infected. The use of facemasks also is crucial for healthcare workers.

The best protection is to wash your hands frequently with soap and water. If soap and water are not available, use alcohol-based hand sanitizer.

Information about COVID-19 is changing daily. For the most up to date information about the virus, the current situation in the US, travel and other updates visit the CDC

ADDITIONAL LINKS:

CDC - What to do if you are sick with Coronavirus Disease 2019 (COVID-19)
CDC - Share Facts About COVID-19
CDC - View Videos on the Coronavirus Disease 2019
NH Division of Public Health Services - Coronavirus Disease 2019 Self-Quarantine Guide
NH Division of Public Health Services - Coronavirus Disease 2019 Self-Observation Guide