
COVID-19 (Coronavirus disease)

Dear Consumer,

PBHS remains committed to the health and well-being of all of our patients and their families. With the recent concerns pertaining to the spread of COVID-19 (coronavirus), we ask that you review the following information about this public health crisis. In addition to increased precautions within our building and with our staff, we want to ensure that our community is fully informed of risk factors for contracting the virus and preventative steps that you can take to protect your household.

What is COVID-19 and who is at risk?

COVID-19, or coronavirus disease 2019, is an upper respiratory tract disease caused by one of the seven coronaviruses known to infect humans. It was first identified in humans in Wuhan, Hubei Province, China, in December 2019. The virus that causes COVID-19 is called SARS-CoV-2. On March 11, 2020, the World Health Organization (WHO) characterized COVID-19 as a pandemic.

People who recently traveled to China, South Korea, Japan, Iran, or Italy, and people who care for patients with COVID-19 are at highest risk.

Symptoms, which generally appear two to 14 days after exposure, include fever, cough, and difficulty breathing. Most people who become sick do not require hospitalization, but older adults, people with chronic health conditions, and people with compromised immune systems are more likely to require more advanced care.

Coronaviruses are generally thought to be spread most often by respiratory droplets. The virus that causes coronavirus disease 2019 is spreading from person-to-person and someone who is actively sick with the disease can spread the illness to others. That is why CDC recommends that these patients be isolated either in the hospital or at home until they are better and no longer pose a risk of infecting others.

A call center to answer questions regarding COVID-19 is open 7 days a week from 9 a.m.-8 p.m. and can be reached at 1-833-4-ASK-ODH (1-833-427-5634).

How can I protect myself?

- Stay home when you are sick
- Avoid contact with people who are sick
- Get adequate sleep and eat well-balanced meals
- Wash hands with soap for at least 20 seconds
- Avoid large gatherings of people (social distancing)
- Use alcohol-based hand sanitizer when soap and water are unavailable
- Cover your mouth when coughing or sneezing; DO NOT use your hand to cover your mouth
- Dry hands with a clean towel or air dry
- Call before visiting your doctor
- Avoid touching your face with unwashed hands
- Practice good hygiene habits
- Choose a family doctor
- Clean “high-touch” surfaces daily: doorknobs, electronics, light switches, surfaces, etc.
- Do not share utensils, dishes, towels, or bedding with others

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What should I do if I think I've been infected?

Call ahead to cancel your upcoming appointment at PBHS if you believe that you have contracted COVID-19, or if you are at an increased risk of contracting the virus. *You will not be charged a late cancellation fee.*

If you are a member of one of our Intensive Outpatient Programs and are not feeling well, do not plan on attending your scheduled session. Please communicate your planned absence with your IOP Coordinator by calling the appropriate group line:

- Adult Day IOP: 440-266-0770, ext. 112
- Adult Evening IOP: 440-669-4316
- Adolescent IOP: 440-728-1905
- Dual Diagnosis IOP: 440-266-0770, ext. 119

Before seeking medical attention, call your doctor immediately if you feel like you are developing symptoms of COVID-19. Also call your healthcare provider and tell them that you have symptoms consistent with COVID-19 if you have an upcoming scheduled medical appointment with them. Furthermore, you are urged to contact your doctor before seeking care if you have traveled from an area with widespread or ongoing community spread of COVID-19. Put on a facemask before entering a medical facility if you think you are infected. These precautions will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Finally, **seek care immediately if you develop emergency warning signs for COVID-19**. In adults, these can include:

- Difficulty breathing/shortness of breath
- Persistent pain or pressure in chest
- *Any other severe or concerning symptoms*
- New confusion or inability to arouse
- Bluish lips or face

PBHS will continue to provide you and your family with updated information on this developing situation.

Sincerely,

Farshid Afsarifard, Ph.D.
Clinical Director
C.E.O.

References

<https://coronavirus.ohio.gov/wps/portal/gov/covid-19/>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

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