

Patient Resources for COVID-19

1. Background on COVID-19 - the virus, how it spreads, symptoms and treatment
 2. Prevention
 3. Frequently Asked Questions (FAQs)
 - a. I have an appointment at my OB-GYN and am concerned about COVID-19. What should I do?
 - b. How is my OB-GYN prepared for COVID-19?
 - c. Is there a hotline I can call for more information?
 - d. What resources are available for COVID-19, specific to pregnant or breastfeeding women?
 - e. What other resources are available for me?
-

1. Background on COVID-19; the virus, how it spreads, symptoms and treatment

- For information on COVID-19, including symptoms, how it spreads, and updates, please visit the CDC website:

[CDC: About Coronavirus Disease 2019 \(COVID-19\)](#)

- To reference a factsheet developed by the CDC on COVID-19, please visit:

[CDC: Coronavirus disease 2019 \(COVID-19\) and you](#)

How does COVID-19 spread and what are the symptoms?

COVID-19 is primarily spread through respiratory droplets. To be at risk of contracting the infection, you must be within six feet of someone who is contagious and come into contact with these droplets. It is possible to contract COVID-19 by touching surfaces or objects that has the virus on it and then touching your mouth, nose or eyes. Symptoms of COVID-19 appear within two to 14 days after exposure and include fever, cough, runny nose and difficulty breathing.

How long does it take for symptoms of COVID-19 to appear?

The CDC believes that symptoms of COVID-19 may appear in as few as two days, or as long as 14 days after exposure. To be cautious, many governments are requiring an isolation period of 14 days after returning from endemic areas or a cruise.

How is COVID-19 treated?

There is currently no FDA approved medication for COVID-19. Those infected with COVID-19 should receive rest, fluids and fever control to help relieve symptoms. In severe cases, treatment includes care to support vital organ functions.

2. Prevention

For comprehensive information regarding COVID-19 and recommended preventative actions visit the CDC website:

[CDC: How to Protect Yourself](#)

Is there a vaccine for COVID-19?

There is no approved COVID-19 vaccine currently available.

What preventative actions can I take to best protect myself?

- Wash your hands often, using soap and water, for at least 15-20 seconds. If soap and water are unavailable, use a hand sanitizer containing at least 60% alcohol.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact (within 6 feet) with anyone who may be sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Use standard household cleansers and wipes to effectively clean and disinfect frequently touched objects and surfaces.
- It's currently flu and respiratory disease season. The CDC recommends getting vaccinated, taking daily preventative actions to stop the spread of germs, taking flu antivirals when prescribed, as outlined on the CDC website:

[CDC: How to Protect Yourself](#)

Should I wear a face mask? Will that help protect me?

If you are sick, you should self-quarantine and wear a facemask when around others and before entering a healthcare provider's office. If you are unable to wear a facemask, make certain to cover your mouth and nose when you cough or sneeze. Those who are caring for you should also wear a facemask when in immediate proximity.

If you are not sick, you do not need to wear a facemask unless you are caring for someone who is sick (and they are unable to wear a facemask). Facemasks may be in short supply and should be saved for caregivers.

3. Frequently Asked Questions (FAQs)

a. I have an appointment at my OB-GYN and am concerned about COVID-19. What should I do?

Necessary precautions are being taken on behalf of our patients, visitors and caregivers. If you are scheduled for a wellness exam or other non-essential visit in the next two weeks, please contact us to review options available to you or rescheduling your appointment to a later date. Knowing that most of our patients require a physical exam, many in-person appointments will remain as scheduled.

If you have a fever, cough shortness of breath, or are otherwise concerned that you may have COVID-19, we ask that you do not come to any offices. First, call your primary care physician or engage with a provider through a virtual visit for evaluation. We ask that you have a clinical

evaluation of your situation to determine if you need to be seen in-person and if you meet CDC guidelines for testing for COVID-19 based on symptoms, travel and exposures.

b. How is my OB-GYN staying prepared for COVID-19?

We are following the Center for Disease Control's and the World Health Organization's recommendations and protocols. We are closely monitoring this evolving situation. Our clinicians and leadership are meeting regularly and strategizing proactively in order to prepare.

c. Is there a hotline I can call for more information?

- The Texas Department of State Health Services website for COVID-19 can be accessed at: <https://www.dshs.state.tx.us/coronavirus/>
- For questions about COVID-19, dial 2-1-1, then choose Option 6.
 - Hours: 7:00 a.m. – 8:00 p.m., 7 days per week.
 - If you experience difficulty when dialing 2-1-1, email coronavirus@dshs.texas.gov.
- For local assistance, see the listing of Coronavirus Disease 2019 (COVID-19) Local Health Entities:

<https://www.dshs.state.tx.us/regions/2019-nCoV-Local-Health-Entities>

d. What resources are available for COVID-19 specific to pregnant or breastfeeding women?

The CDC website has resources specific to pregnant or breastfeeding women at:

[CDC: Pregnancy and Breastfeeding](#)

e. What other resources are available for me?

- **Insurance Coverage and Benefits**
We encourage you to call your insurance provider with any questions specific to your benefits and coverage related to COVID-19. Many insurance companies have updated their guidelines and reimbursement regarding telemedicine, beyond COVID-19 related tests and visits.
- **Travel Guidelines**
Please visit the CDC website for information specific to COVID-19 for travelers and for the travel industry: [CDC: Travel](#)

Additional Guidance and Information can be found on these websites:

- Centers for Disease Control and Prevention (CDC):
[CDC: Coronavirus 2019 \(COVID 19\)](#)
- World Health Organization (WHO):
[WHO: Coronavirus Disease \(COVID 19\) Outbreak](#)