

Access to Nantucket Cottage Hospital During the Coronavirus Pandemic

- Nantucket Cottage Hospital has made changes to our operations as we respond to the coronavirus pandemic, but we remain open and our medical providers are here to care for you and your family's everyday healthcare needs.
- To protect you and our healthcare workers, access to the hospital is currently restricted to the Emergency Department entrance only. This allows us to screen all employees, patients and visitors for symptoms, and provide masks to wear inside the hospital as a precaution to prevent any potential spread of the virus.
- To prevent the spread of the coronavirus on the island, Nantucket Cottage Hospital is asking Nantucket residents to continue physical distancing (staying at least six feet apart), wearing face masks in public, regular hand-washing, and limiting trips to the grocery store, as well as abiding by the State of Massachusetts and Town of Nantucket's emergency orders.
- Nearly all evaluation and testing for coronavirus is happening outside the hospital at our drive-through site at the main entrance of the hospital. If you are experiencing symptoms of COVID-19, the disease caused by the coronavirus, including fever, sore throat, coughing, muscle aches, and shortness of breath, please come to the drive-through site. Hours are 9 a.m. to 12 p.m. and 1 p.m. to 5 p.m. daily.
- If you would like to schedule a medical appointment for any other health issue, please call the Nantucket Cottage Medical Group at 508-825-1000. We are now booking appointments in-person, over the phone, and by video, depending upon the needs of the patient.
- Our hospital utilizes a telephone medical interpreter service called CyraCom that is available to anyone who requires interpretation assistance in almost all languages.
- If you do not have a primary care physician and would like to establish care with one of our doctors who is accepting new patients, please call 508-825-1000. Due to the coronavirus response, there will be a delay in scheduling your first visit with your new doctor.
- If you have an immediate need to be seen for a non-life-threatening but urgent health issue, we offer same-day or next-day appointments. Please call 508-825-1066 to book one of these appointments. You can still book one of these appointments even if you don't have a primary care physician.

About COVID-19

Created by the **COVID-19 Health Literacy Project** in collaboration with **Harvard Health Publishing**

What is COVID-19?

- COVID-19 is a contagious respiratory illness.
- This infection is caused by a new coronavirus that was first seen in Wuhan, China.
- Many infected people have mild or no symptoms. Difficulty breathing, pneumonia, organ failure, and death can occur.

How does COVID-19 spread?

- **Person to person:** You can become infected by breathing in an infected person's cough or sneeze droplets from up to 6 feet away
- **Contaminated surfaces:** You can become infected by touching contaminated surfaces and then touching your mouth, nose, or eyes. High-risk surfaces include door handles, elevator buttons, counters, cellphones, and surfaces in common areas.

Can I get COVID-19?

- Yes. You may have been exposed if:
 - You live with someone with COVID-19
 - You took care of someone with COVID-19
 - You were in contact with someone with COVID-19
 - You touched a contaminated surface or object
- You may be more likely to get COVID-19 if you traveled recently, are a healthcare worker, or were in a place with many cases.
- You are at risk for more serious symptoms if you have a weak immune system, heart disease, lung disease, or are older than 60.

How can I protect myself and others?

- Avoid close contact or sharing personal items with people who are sick
- Avoid touching your eyes, nose, and mouth
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash
- Clean surfaces and frequently touched objects
- Wash your hands with soap and water for at least 20 seconds or use a hand sanitizer containing at least 60% alcohol if soap and water are not available
- Stay home and avoid being with people outside of your immediate family

What are the symptoms?

- **Common symptoms:** dry cough, fever, shortness of breath
- **Less common symptoms:** fatigue, muscle and joint pain, sore throat, headache.



How is COVID-19 different from the flu?

- COVID-19 and the flu cause similar symptoms, but the viruses that cause these illnesses are *different*.
- The virus causing COVID-19 spreads easily and is more likely to cause severe symptoms and death. Unlike the flu, there is currently no vaccine or drug to treat COVID-19.

What should I do if I feel sick?

- Stay home and call your doctor. If you are having trouble breathing, suddenly feel drowsy or confused, or notice your lips or face turning blue, call 911.
- Most people with mild symptoms can recover at home. If you must leave home to see a doctor, call beforehand and avoid public transport.

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Prevent the spread of COVID-19

Created by the **COVID-19 Health Literacy Project** in collaboration with **Harvard Health Publishing**

Stay home whenever you can, except to get medical care!



Stay at least six feet from other people, even if they don't look ill. Find out what your community's policies are regarding leaving your home.

Wash your hands with soap and water for at least 20 seconds.



Do so before you eat or prepare food, and after you sneeze, cough, blow your nose, or visit any public place. If you cannot wash with soap and water, use hand sanitizer containing at least 60% alcohol.

Avoid touching your eyes, nose, and mouth.



The virus can last on some surfaces for several days. You can become infected if you touch these surfaces and then touch your eyes, nose, or mouth.

Clean and disinfect frequently touched surfaces.



Using alcohol solutions that contain at least 70% alcohol, or diluted household bleach solutions, clean frequently used objects like phones, keys, tablets, doorknobs, and TV remotes.

Cover coughs and sneezes with a tissue or your elbow.



Coronavirus is primarily spread through droplets when an infected person coughs or sneezes near others. Do not cough or sneeze into your hand.

Plan how to take care of yourself and loved ones.



Older adults and people with chronic medical conditions are at higher risk and should consult with doctors about staying protected. Create a list of emergency contacts and designate space in your home for sick family members.

The DO's and DON'Ts of prevention

DO

- ✓ Stay home, except to get medical care. If you have severe symptoms, call 911.
- ✓ Wash your hands with soap and water for at least 20 seconds (or use hand sanitizer with at least 60% alcohol).
- ✓ Cover your coughs and sneezes with your elbow or sleeve.
- ✓ Stay informed by visiting the COVID-19 website of your local health department, the [CDC](https://www.cdc.gov), and the [WHO](https://www.who.int).
- ✓ Stay connected with friends and family over the phone or video chat.

DON'T

- ✗ Don't leave your house or be in groups for non-essential purposes.
- ✗ Don't cough or sneeze into your hands.
- ✗ Don't gather information from unverified sources.
- ✗ Don't visit friends and family because you may put each other at greater risk.

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What to do if you are sick with COVID-19 or suspect you are infected

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What can I expect?

- COVID-19 is usually a mild illness. Healthy people under age 60 often experience symptoms similar to the flu: fever (over 100.4°F), dry cough, sore throat, and fatigue for two weeks.
- If you have mild symptoms, call your primary care doctor. Tell them if you have been in contact with anyone who might have COVID-19.
- Your doctor will tell you if and where you can get tested.
- Because testing is not yet widely available, your doctor may tell you to stay at home for 14 days or more in case you have the infection.

Should I see a doctor?

- Serious symptoms are more common in people over age 60 and those with heart disease, lung disease, or cancer. But even young, healthy people can have severe symptoms.
- When severe, COVID-19 can require hospitalization.
- Call your doctor before you go to the doctor's office or emergency room.

Call 911 if you have:

- Difficulty breathing
- New confusion or suddenly feeling drowsy
- Bluish lips or face

What is the treatment like?

- There is currently no specific treatment for COVID-19.
- Most people will begin to feel better with drinking fluids and rest.
- Acetaminophen (Tylenol) can help lower fevers and ease muscle pains.
- If you develop severe symptoms and have to go to the hospital, doctors will create a specialized plan to care for you.

How do I avoid getting others sick, too?

"Home isolate" for ~2 weeks



If you think you might have COVID-19, you should "home isolate." Decisions about stopping home isolation should be made in consultation with your doctor.

Keep away from other people



Use a separate bedroom, bathroom, and cooking space from others if possible. Wear a facemask if you have one. Avoid sharing personal items.

Keep your hands clean



Cover your coughs and sneezes. Avoid touching your eyes, nose, and mouth. Wash your hands with soap and water for 20 seconds or use hand sanitizer with at least 60% alcohol.

Keep your home clean



Clean frequently touched surfaces (tables, doorknobs, toilets, phones, keyboards, light switches) every day with alcohol solutions (70% alcohol), diluted bleach solutions, or household disinfectants.

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