



## Coronavirus (COVID-19)

### **Ozark Orthopaedics preparation for the Coronavirus (COVID-19):**

Ozark Orthopaedics providers and staff have been trained on procedures to identify and limit the spread of the Coronavirus (COVID-19). Our team is working closely with the Arkansas Department of Health and Centers for Disease Control to monitor the latest developments and implement recommended screening and treatment guidelines.

In order to protect the health of those we serve, Ozark Orthopaedics is asking that patients limit the number of persons accompanying them to their clinic visits. If you have any symptoms of illness, please reschedule your appointment.

### **What are the symptoms of coronavirus?**

The Centers for Disease Control reports patients with coronavirus can experience mild to severe respiratory illness with symptoms typically appearing within 2-14 days of being exposed to the virus. Symptoms include:

- Fever
- Cough
- Shortness of breath

### **What should I do if I have symptoms?**

If you have symptoms stay home and contact your primary care provider for guidance.

### **Should I get tested?**

Not everyone should be tested for coronavirus.

Please contact your primary care provider for further instructions if you feel that you have been exposed and need testing.

### **Who's most at risk for severe complications?**

Those most at risk of severe illness are the elderly, people with weakened immune systems, and/or people with underlying health issues.

### **What are the best ways to prevent the virus?**

Frequent handwashing is the first line of defense against coronavirus. Wash your hands often with soap and water for 20 seconds. If soap and water are not available, hand sanitizers containing at least 60% alcohol are effective.

Other ways to prevent exposure to coronavirus include:

- Avoid close contact with people who are sick
- Maintain distance between yourself and other people if COVID-19 is spreading in your community
- Avoid touching your eyes, nose and mouth
- Cover your cough or sneeze with a tissue, then throw away the tissue
- Clean and disinfect frequently touched objects or surfaces with household cleaning sprays or wipes
- Stay home when you are sick

### **I have no symptoms of illness and have an upcoming appointment at Ozark Orthopaedics. Should I go?**

Yes, plan to keep your appointment with your Ozark Orthopaedics provider.

### **Where can I find more information?**

For additional resources and information on the coronavirus, visit the [Centers for Disease Control](#) or the [Arkansas Department of Health](#).