



COVID-19 Recommendations

There is a lot of information in the public domain about the COVID-19 virus. Unfortunately, there is also a lot of misinformation. We hope you find these practical recommendations helpful. As we learn more, we will send updates.

Anyone over age 60 or those who have underlying health conditions such as diabetes, chronic heart disease, respiratory conditions, or illnesses that weaken the immune system, should consider restricting out of home activities since you are more susceptible to complications from this virus. If you have been exposed to COVID-19, you will show symptoms within 2-14 days. If you show the symptoms listed below, please call your primary health care provider. Note: there are still only a few testing facilities. Your doctor can help you determine if testing is needed and help you find the facility best suited to your situation.

Prevention. Currently there is no vaccine for COVID-19. Therefore, the best strategies for prevention are some common sense measures:

- Wash your hands often with soap and water, but especially before eating, for at least 20 seconds. Sing the alphabet song and you have about twenty seconds.
- Avoid touching your eyes, nose, and mouth.
- Avoid shaking hands.
- Stay home when you're feeling ill. Do not go to work. If you feel ill, avoid large gatherings such as conferences, events, concerts, sports, etc. as you will be more susceptible to the virus.
- Clean shared touched surfaces and objects including keyboards and door knobs using a household cleaning spray or wipe. A facemask should be only used by healthcare professionals working closely with

those infected. A facemask can be useful for people infected with COVID-19 who must go out in public. Do not wear a facemask in public settings to protect yourself. This is not effective and wastes a precious resource for those who do need a facemask.

- Rely on trusted sources like your State Department of Health or the [Centers for Disease Control and Prevention](#). Be wary of false information that may spread through social media.

Symptoms. If you have all of the following symptoms:

- Sustained flu-like aches or fever for more than a few days
- A persistent cough, or one that is progressively getting worse
- Shortness of breath

Contact your regular doctor for advice or, if you cannot reach them, then visit an urgent care center. Do not go to the emergency room. Even if you have all of these symptoms, it is currently unlikely that you have COVID-19 and more likely have the flu or other illness. Emergency rooms will serve those with the most life threatening situations and unless you have extreme trouble breathing, you will not be a high priority.

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