



## **CORONAVIRUS(COVID-19) Key Points for Patients and Families**

Your Elevation Hospice team would like to reassure you that we are staying current with CDC and Maricopa County recommendations related to the COVID-19. Your care teams are exercising preventative measures and have been provided the necessary equipment to ensure all possible steps are being taken to safeguard your protection from any potential spread of the virus.

Below are some ways you can participate and educate yourself and your family.

### **Take steps to protect yourself:**

- Clean your hands often
  - Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
  - If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

### **Take steps to protect others:**

- Stay home if you're sick
- Cover coughs and sneeze
- Wear a facemask if you are sick
- Clean and disinfect—especially surface areas at minimum daily
- Visit the CDC website <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- Visit Maricopa County DPH website <https://www.maricopa.gov/5460/Coronavirus-Disease-2019>

### **Report any of the following to your Elevation Care Team:**

- A suspected exposure to someone with suspected or confirmed COVID-19
- Temperature of 100.4 or greater
- New onset or change to chronic cough or shortness of breath
- Any Flu-like symptom
- Prior to seeking outside Medical Care at your Physicians office, Urgent Care or Emergency Department