



Patient Education on COVID-19

What are the symptoms of COVID-19?

Symptoms usually start 4 to 5 days after a person is infected with the virus. But in some people, it can take up to 2 weeks for symptoms to appear. Some of these symptoms include **fever greater than 100.4 F, dry cough, muscle aches, sore throat, loss of taste and/or loss of smell, shortness of breath, and/or difficulty breathing.**

Should shortness of breath or difficulty breathing develop after leaving the Surgery Center, please go to the **nearest Emergency Room**. Should any other symptoms develop after leaving the Surgery Center, please contact your Primary Care Physician.

In addition, you will be receiving a Wellness Phone Call from our nursing staff 14 days after your visit at Manhattan Reproductive Surgery Center. Please notify your Physician at the Kofinas Fertility Group if you are tested positive for COVID-19.

How to protect yourself and others:

It is important to try to do what you can to limit the spread of the virus.

- One way to do this is to practice "social distancing." It is most important to avoid contact with people who are sick. But social distancing also means staying away from all people who do not live in your household.
- Avoiding crowds is an important part of social distancing. But even small gatherings can be risky, so it's best to stay home as much as you can. When you do need to go out, such as for food or medicine, try your best to stay at least 6 feet (about 2 meters) away from other people.
- Wash your hands with soap and water often. This is especially important after being out in public. Make sure to rub your hands with soap for at least 20 seconds, cleaning your wrists, fingernails, and in between your fingers. Then rinse your hands and dry them with a paper towel you can throw away.
- If you are not near a sink, you can use a hand sanitizing gel to clean your hands.
- Avoid touching your face, especially your mouth, nose, or eyes.
- Avoid traveling if you can. Any form of travel, especially if you spend time in crowded places like airports, increases your risk.

What can I do to cope with stress and anxiety?

The outbreak of COVID-19 can be stressful for you, especially during this time. It is normal to feel anxious or worried. Take care of yourself, and your family, by trying to:

- Get regular exercise and eat healthy foods
- Take deep breaths, stretch, or meditate
- Stay in touch with your friends and family members

We encourage you to visit the following websites for additional Mental Health resources:

<https://emergency.cdc.gov/coping/index.asp>

<https://store.samhsa.gov/sites/default/files/d7/priv/sma14-4885.pdf>

<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

