

## COVID-19 Questions & Answers

This handout explains what you should know about COVID-19 and what we're doing to keep you safe while you're at Fred Hutchinson Cancer Center.

### **What are the symptoms of COVID-19?**

The symptoms of COVID-19 may include, but are not limited to, fever, chills, cough, shortness of breath, chest tightness, sore throat, stuffy or runny nose, loss of taste or smell, new onset of diarrhea, or muscle aches and pains.

### **How does COVID-19 spread?**

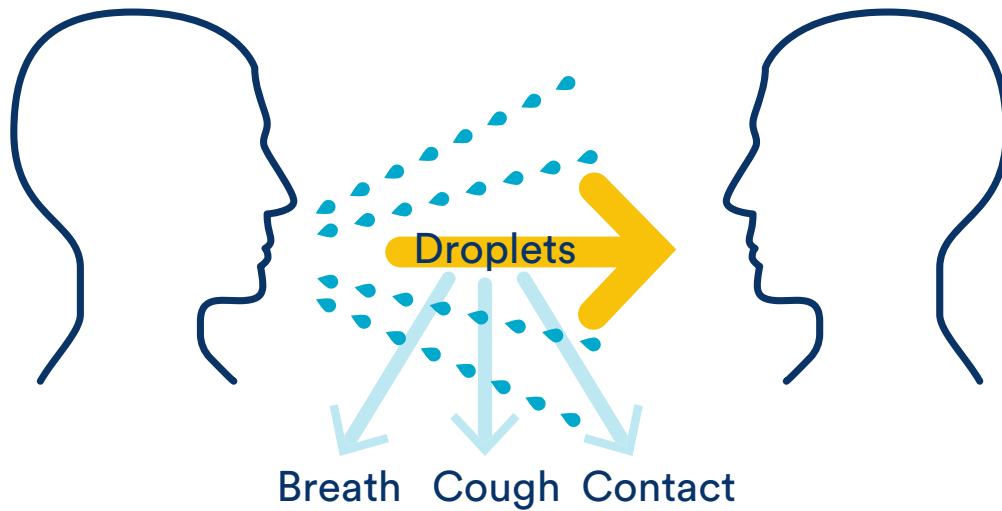
COVID-19 spreads when an infected person breathes out droplets and very small particles that contain the virus. Other people can breathe in these droplets and particles, or these droplets and particles can land on their eyes, nose, or mouth. In some circumstances, these droplets may contaminate surfaces they touch.

Anyone infected with COVID-19 can spread it, even if they do NOT have symptoms.

### **What is Fred Hutch doing to protect patients?**

#### **We are taking the following steps:**

- Screening all who enter the clinic for COVID-19 symptoms and testing if appropriate.
- We strongly recommend that all patients and visitors, in Fred Hutch clinics wear a mask. If patients or caregivers have respiratory symptoms, they must wear a mask.
- Health care workers must wear a mask when closely interacting with patients for an extended period of time (example: in clinical exam rooms). Masking is strongly recommended but not required for health care workers in public areas including bathrooms, hallways, cafeterias, elevators, lobbies/waiting rooms and nurses stations.
- Frequent cleaning of high-touch surfaces, such as door handles and elevator buttons.



*Droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.*

## What should I do if I have symptoms?

If you have an appointment and have respiratory symptoms, call your care team before you come to the clinic. Knowing about symptoms before you come to the clinic helps us keep everyone safe.

## What can I do to keep myself, my family and friends safe?

- Avoid going to gatherings with large numbers of people.
- Practice social distancing.
- When indoors with others, try to improve ventilation as much as possible.
- Stay home when you are sick.
- Wear a mask when you are out in public and cannot practice social distancing. We strongly recommend wearing a mask before you enter a health care setting, including Fred Hutch clinics. If someone comes with you to your appointment, we recommend they wear one, too.
- Practice good hand hygiene and cough and sneeze etiquette. (<https://www.cdc.gov/hygiene/personal-hygiene/coughing-sneezing.html>) Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Plan how you will take care of sick family members. Make plans for childcare if you are sick or if your child is sick. Have a thermometer at home so you can check for fever if you or a loved one feels ill.
- Stay informed — check the Fred Hutch COVID-19 site ([FredHutch.org/covid19](https://FredHutch.org/covid19)) and the CDC site ([cdc.gov](https://cdc.gov)) regularly for new updates.