

## Cambridge Medical Centre Coronavirus/COVID-19: Patient Guidance

### Symptoms of Coronavirus/COVID-19:

1. Temperature higher than 37.9C
2. Cough
3. Difficulty breathing

**Healthline: 0800 358 5453**

### Your risk of illness after contact with someone with Coronavirus:

Coronavirus requires “close contact” to spread from person to person.

“Close contact” is defined by:

- Direct contact with respiratory fluids of a person with infection
- Presence in the same room in a healthcare setting
- Living in the same household
- Spending two hours or longer in the same close indoor environment, such as a classroom or workplace
- Having been seated in the same row or within two metres of a person with infection on any transportation vehicle, such as a bus, train or airplane
- Having been within two metres of an infected individual for more than 15 minutes

## What to do if you are concerned you have been exposed to Coronavirus:

Situation #1: I am **NOT** experiencing fever >37.9C, cough or difficulty breathing, but I am concerned because:

- I had close contact with someone who may have also been exposed to the virus
- I had close contact with someone who has been ill with fever and cough
- I had close contact with someone who has tested positive for the virus
- I recently traveled outside of New Zealand

### \* Recommendations:

1. **Self-isolate/Self-quarantine for 14 days after last exposure**
  - ◆ Remain inside your home for 14 days
  - ◆ Do not allow visitors into your home
2. **Monitor yourself daily for symptoms, including daily temperature.**
3. **If you develop fever, cough or difficulty breathing, phone Healthline 0800 358 5453 for further information**

If, after 14 days of isolation, you have not had any symptoms, you may end your quarantine.

### Situation #3: I **AM** experiencing fever, cough and/or difficulty breathing and:

- I was in contact with someone who has tested positive for the virus
- I recently returned from travel
- I was in contact with someone who may have also been exposed to the virus
- I was in contact with someone who has been ill with fever and cough

#### **\* Recommendations:**

◆ **If you are severely ill, phone 111 or seek medical care at your nearest hospital**

◆ **If you are not severely ill:**

- 1. Self-quarantine within your home (instructions on opposite side of page)**
- 2. Phone Healthline 0800 358 5453 for further instructions**

The risk of serious illness as a result of Coronavirus is highest among persons age 60 and older. This risk is especially high for persons age 80 and older. If you are older than 60 and/or have serious, chronic medical conditions such as lung disease, heart disease or diabetes and you have concerns about being exposed to or ill with Coronavirus, please phone **Healthline 0800 358 5453** for further information. You are also welcome to phone us here at the clinic, at 07 827 7184.

The key to preventing Coronavirus is frequent hand washing, avoiding touching public high-touch surfaces as much as possible and avoiding unnecessary travel.

Please refer to our website <https://www.cambridgemedicalcentre.co.nz> for updates and information.