

# COVID-19 / Coronavirus Fact Sheet

For Kaiser Permanente employees and physicians



**March 4, 2020**

## What is the coronavirus?

The novel coronavirus (which causes a disease known as COVID-19) is a new virus that causes respiratory illness in people and can spread from person to person. Patients with this new coronavirus have had mild to severe respiratory illness with symptoms of fever and cough.

## How can I prevent getting COVID-19?

The same behaviors that stop the spread of the common cold and flu will help prevent coronavirus. The CDC recommends:

- Wash your hands often with soap and water for at least 20 seconds. Alcohol-based hand sanitizers are also effective.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home if you are sick (except to get medical care). Keep sick children home from school.
- Cover mouth and nose when you cough or sneeze. Throw the tissue away and wash your hands.
- Clean and disinfect objects and surfaces you touch.

## What should I do if I have symptoms or think I've been exposed?

If you feel sick with fever or cough, you should first call the number on the back of your Kaiser Permanente membership card for further instructions. It's important to call before you go in. Calling ahead helps us direct you to the most appropriate care, and take precautions to protect other members, patients, and employees. If you are sick, notify your manager in accordance with existing sick policies and procedures.

## Is Kaiser Permanente prepared to deal with this outbreak as it gets worse?

THIS SECTION WAS OUTDATED AND HAS BEEN DELETED. – CKPU

## Where can I learn more?

- For information on COVID-19, visit the Centers for Disease Control and Prevention at [cdc.gov](https://www.cdc.gov).
- For employee information, visit [kp.org/coronavirus/employees](https://kp.org/coronavirus/employees) (only available on the Kaiser Permanente network).
- For information about the Employee Assistance Program, including mental health and wellness resources, visit [kp.org/eap](https://kp.org/eap).