



CMC Nursing Newsletter



1 Best Practices: Continue to Follow

1. Hand Washing: wash your hands for at least 20 seconds. Soap and water is always the best method; however, hand sanitizer may be used if soap and water is not available.
2. Masks: wear your masks when out in public where social distancing is not possible and inside all stores.
3. If you are sick please stay home to prevent the spread of illness.
4. Contact your PCP with any concerns over illness and they will direct you to the appropriate resources.
5. Call 911 in case of true emergency.

2 Asthma & COVID

People with Moderate to Severe Asthma may be at greater risk of getting very sick from COVID-19. So it is important to:

- Keep your Asthma under control by following your Asthma Action Plan
- Don't stop any medications or change your asthma treatment plan without discussing with your MD
- Avoid your Asthma Triggers
- Take precautions to keep yourself safe - wear a mask, wash hands, avoid large crowds, and stay away from people that are sick.
- Clean things that you and your family touch frequently
- Contact MD if you have symptoms

3 Allergies vs COVID

Allergy symptoms:

Runny nose, dry tickling cough, sneezing, itchy watery eyes, congestion. If you get allergies every year watch for symptoms that are different from what you have had before and contact your MD with concerns.

COVID symptoms:

FEVER, dry cough, trouble breathing, body aches, very sore throat, fatigue that comes on quickly, nausea, vomiting, diarrhea. Although sneezing is not a sign of COVID, always cover your mouth when you sneeze and **WASH YOUR HANDS!** Contact your MD with concerns.