Date 3/17/2020

To our valued client and caregivers -

As you already know, the Coronavirus disease (COVID-19) has become a concern throughout our country. Spoon River Home Health is committed to helping you navigate this time with facts and not fears. Below we have outlined basic information to assist you in staying healthy. Our agency is taking steps, as outlined by emergency preparedness regulations, to ensure the welfare of our staff and patients. Staff members who are exhibiting any of the signs and symptoms listed below will not be allowed to have patient contact. We are happy to visit with you if you have any questions or concerns.

What is Coronavirus disease (COVID-19)?

A respiratory illness that can spread from person to person through respiratory droplets produced when an infected person coughs or sneezes. Older adults and people who have serious chronic medical conditions like heart disease, diabetes, and lung disease are at a higher risk of developing complications from Coronavirus disease (COVID-19).

Signs & Symptoms:

- Cough
- Fever
- Shortness of breath

Tips to stay healthy:

1. Wash your hands with soap or antibacterial gel for 20 seconds, especially after using the bathroom, before eating or preparing foods and after visiting public places or medical facilities.
2. Avoid touching your eyes, mouth, nose and ears, especially before eating or preparing foods.
3. If you feel sick, stay home and limit visitors.
4. Avoid large crowds.
5. Cover your cough or sneeze with a tissue.
6. Keep a two-week supply of your medications on hand.
7. Use antibacterial cleaning products to disinfect frequently touched surfaces in your home, including food prep areas.
8. Contact your home care/hospice nurse at agency phone number if you feel you are exhibiting symptoms.

For additional information see the following sites.

Centers for Disease Control and Prevention, see www.cdc.gov/coronavirus/2019-ncov .

Illinois Department of Public Health http://dph.illinois.gov/covid19

Peoria City / County Health Department https://www.pcchd.org/289/COVID-19-Coronavirus

48 N. East Street
Farmington, IL 61531
(309) 245-0723

FB: SpoonRiverHomeHealth
W: SpoonRiverHomeHealth.com
E: intake@srhhs.com