

## SYMPTOMS



Symptoms of COVID-19 include fever, a dry cough, and shortness of breath. The virus spreads mainly from person-to-person.

Call your doctor if you develop symptoms and have been in close contact with a person known to have COVID-19 or have recently traveled from an area with widespread or ongoing community spread of COVID-19.

VISIT THE CENTERS FOR DISEASE  
CONTROL AND PREVENTION  
WEBSITE FOR MORE  
INFORMATION:  
[www.cdc.gov](http://www.cdc.gov)



Chartwell Pennsylvania, LP  
1-800-755-4704  
[www.chartwellpa.com](http://www.chartwellpa.com)

# (COVID-19) CORONAVIRUS PREVENTION



At Chartwell, your health is our number one priority. This brochure reviews some simple steps you can take to protect yourself and your loved ones from COVID-19.

Due to the vulnerable state of many of our patients, Chartwell is working closely with local and state officials to stay up to date on preventative measures and safety precautions when coming into contact with patients and their caregivers.

You may notice our Chartwell drivers wearing a **mask** or **gloves** in the upcoming days and weeks; this is being done primarily for your safety and to ensure you stay well during this pandemic.

Drivers may deliver only as far as your door. Please look for important paperwork in your package that needs to be signed and returned to Chartwell in order for us to continue your care.

Service will not be interrupted by COVID-19 and you will receive your therapy or medication on time and in the safest way possible.

We promise to keep you updated with any change in delivery or service.

The Chartwell Pharmacy Team

## WASH YOUR HANDS THE RIGHT WAY

- Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- Lather your hands by rubbing them together with soap. Lather the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds.
- Rinse your hands well under clean, running water.
- Dry your hands using a clean, separate towel or air dry.
- Washing hands with soap and water is one of the best ways to protect yourself and others from getting sick.

## USING HAND SANITIZER

- If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Apply the gel product to the palm of one hand and rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers until hands are dry. This should take around 20 seconds.
- While hand sanitizer is effective, soap and running water should always be your first choice when disinfecting your hands.

## STEPS TO PROTECT YOURSELF & OTHERS

- Clean your hands often.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home if you are sick.
- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow and throw used tissues in trash.
- Wear a face mask if you are sick.
- Clean and disinfect frequently touched surfaces daily.

## HEALTHY HABITS TO PREVENT SICKNESS

- Get at least 8 hours of sleep each night.
- Stay hydrated by drinking water.
- Keep any open cuts/sores covered with a sterile bandage or gauze pad and tape.
- Make nutrition a priority.
- Avoid crowds and practice social distancing if possible.
- If possible, get exercise.
- Keep your stress level down.