

To Our Patients



COVID-19 virus Symptoms & Preventions

Symptoms

Symptoms for the COVID-19 virus are similar to the cold or flu, and may take up to 14 days to appear after exposure. Be vigilant as severe cases may lead to further health complications.

Symptoms may include:

- Fever
- Headache
- Runny Nose and Sneezing
- Cough & Sore Throat
- Difficulty Breathing
- Muscle Pain & Weakness
- Chills and Fatigue

Prevention

The World Health Organization advises the following prevention measures:

- **Wash Hands Frequently**
Use soap and water or an alcohol-based hand cleaner
- **Practice Respiratory Hygiene**
Cough or Sneeze into your elbow or tissues – discard tissues and clean hands immediately.

- **Avoid Touching Your Eyes, Nose & Mouth**

Hands touch many surfaces that can be contaminated with the virus. If you touch your eyes, nose and mouth with your contaminated hands, you can transfer the virus from the surface to yourself.

- **Social Distancing**

Maintain at least 3 feet distance between yourself and other people, particularly someone who is coughing or sneezing.

- **Seek Medical Care Early**

If you have a fever, cough and have difficulty breathing, seek medical care early and tell your health care provider if you have traveled in an area where the virus has been reported, or if you have been in close contact with someone who has traveled to those areas who has respiratory symptoms.

- **Mild Symptoms**

If you have mild respiratory symptoms and no travel history to areas identified with the virus, seek medical care and be sure to take preventative measures, such as hand washing and respiratory hygiene and stay home until you are recovered, if possible.

For updates and more information please visit www.CDC.gov, the Center for Disease Control & Prevention (CDC).



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