

FAQS FOR PATIENTS HOSPITALIZED WITH COVID-19 OR SUSPECTED COVID-19

What is COVID-19?

- COVID-19 is the infection caused by the coronavirus, which is a new germ and a kind of virus. The virus was first found in Wuhan, China in December 2019, and has since spread throughout the world causing a global pandemic.
- Symptoms are different from person to person and may be mild enough to be treated at home; for some it can cause severe illness that leads to death. People over age 60 and those with underlying medical conditions are most at risk for severe illness.
- Symptoms can begin in two to 14 days after contact with someone who has the virus or is a carrier of the virus. The most common symptoms are fever, cough and shortness of breath.

How does COVID-19 spread?

- The most common way the infection is spread is from person-to-person through respiratory droplets. Respiratory droplets are produced when an infected person coughs or sneezes.

Will I be in a special room?

- You may be in an intensive care unit or in another hospital unit room depending on your symptoms.

May my family visit me?

- Visitation (and the number of visitors) is based upon statewide visitation levels, which is dependent on data about how COVID-19 is spreading, including state and county public health information.
- All visitors must be at least 18 years old
- Family members who are sick, have a fever, have tested positive for COVID in the last 20 days or have been exposed to someone with COVID-19 in the last 14 days should not visit.
- Family members must adhere to our visitation guidelines, which include their wearing Cleveland Clinic-provided personal protective equipment.

What can I do to help myself?

- You will be asked to wash/clean your hands frequently.
- You will be asked to cover your coughs and sneezes.
- As your physical condition allows:
 - Eat and drink adequate amounts; please work with our staff to choose foods that you like. Food delivery service from outside the hospital is not permitted.
 - Balance rest and activity, such as moving around in your room or getting out of bed and sitting in a chair.
 - Distract yourself by watching TV and movies, reading, and doing other activities that help you relax.
 - Keep up with your family and friends by phone, FaceTime and social media.

Why are my caregivers and family members wearing gowns, gloves, masks, eye protection?

- To protect themselves from the coronavirus, you will see your caregivers and family members wearing gowns, eye shields/goggles, gloves and masks when they come into your room. These are called “isolation precautions,” and each person will look different depending on the level of interaction they will have with you.