

The background of the entire page is a microscopic view of COVID-19 virus particles. The particles are spherical and covered in small, pinkish-red spikes, giving them a crown-like appearance. They are scattered across a dark teal background, with some particles in sharp focus and others blurred in the foreground and background.

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# COVID-19

## Information for Patients

# NOVEL CORONAVIRUS DISEASE: COVID-19

The novel coronavirus disease (COVID-19) is a new virus of global health significance caused by infection of severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). The World Health Organization (WHO) declared COVID-19 a public health emergency of international concern on January 30, 2020.

## TRANSMISSION

According to the US Centers for Disease Control and Prevention (CDC), COVID-19 is thought to spread from person to person in close contact through respiratory droplets. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. It is also possible that a person can catch COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

## SYMPTOMS

Currently reported illnesses have ranged from mild symptoms to severe illness and death. The CDC reports that the following symptoms may appear 2–14 days after exposure:



Fever



Cough



Shortness of breath

If you suspect that you have COVID-19 and are seeking evaluation of the disease, please contact your healthcare provider and local or state health department immediately.

## DIAGNOSTIC TESTING

COVID-19 testing is imperative in aiding healthcare professionals and public health authorities to identify infected patients more quickly. BioReference is pleased to offer a high-quality assay to ensure patients and their healthcare providers have greater access to testing to promote earlier diagnosis and help limit spread of infection.

*Please note: A patient cannot order their own tests, and a doctor's requisition or lab script is required for all testing.*

## PREVENTION

If you are confirmed to be or believe you are sick with COVID-19, the CDC recommends you follow the steps below to help prevent the disease from spreading.

- Self-isolate in your home, except to get medical care
- Separate yourself from other people and animals in your home
- Call ahead before visiting your healthcare provider and tell them that you have or may have COVID-19
- Wear a facemask
- Cover your coughs and sneezes
- Clean your hands well and often
- Avoid sharing personal household items
- Clean all "high-touch" surfaces daily
- Monitor your symptoms and seek prompt medical attention if your illness is worsening

**If you suspect that you have COVID-19 and are seeking evaluation of the disease, please contact your healthcare provider and local or state health department immediately.**

## RESOURCES

US Centers for Disease Control and  
Prevention (CDC)

[www.cdc.gov/coronavirus/2019-ncov/index.html](http://www.cdc.gov/coronavirus/2019-ncov/index.html)

World Health Organization (WHO)

[www.who.int/emergencies/diseases/novel-coronavirus-2019](http://www.who.int/emergencies/diseases/novel-coronavirus-2019)

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