

FEATURING "IN GOOD HEALTH" FROM MONMOUTH MEDICAL CENTER

Monmouth

HEALTH & LIFE

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HOME SWEET HOME

- DOWN BY THE RIVER: A WATERFRONT REVIVAL
- CLOSET CASES: 6 WARDROBES THAT WOW
- BIRD BATHS: SPLASH & STYLE



COVID-19
What You
Need To
Know

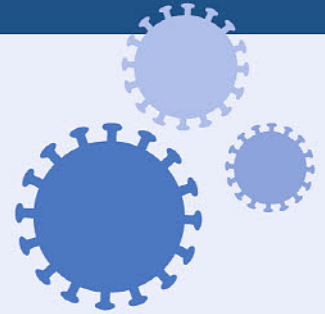
✦ THE COUNTY'S TOP REAL ESTATE AGENTS

Let's beat COVID-19 together.

ABOUT THE VIRUS

Coronavirus disease 2019 (COVID-19)

The virus causes a mild to severe respiratory illness. How the virus spreads isn't yet fully known. It's likely spread through:



SYMPTOMS

2 days

Incubation
time period



None to mild



Fever

PREVENTION

Wash your hands or
use an alcohol based
hand sanitizer often.



Avoid touching
your eyes, nose
and mouth.



WHO IS AT RISK?

If you have been to a location
where people have been sick
with COVID-19, you are at risk.



Call your health
care provider if:



You have been in close contact with a
person known to have COVID-19 and you
have a fever, cough or difficulty breathing.

For more information about COVID-19, visit [rwjbh.org/covid19](https://www.rwjbh.org/covid19)



Droplets of fluid that a person coughs or sneezes into the air

OR



OR



Touching a surface with virus on it and then touching your mouth, nose or eyes

→



Cough

→



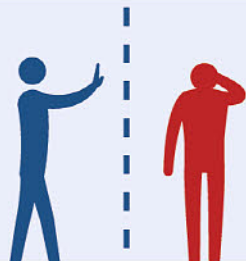
Trouble breathing

→



Severe respiratory illness and in some cases, death

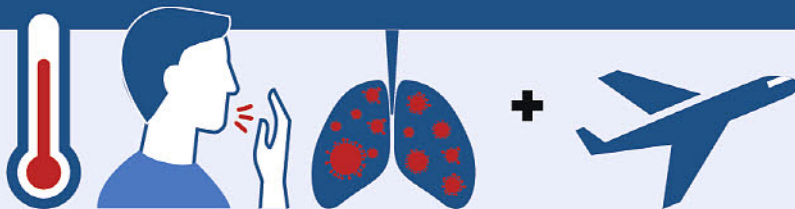
Do **NOT** have contact with people who are sick.



Clean surfaces often with disinfectant.



OR



You have these symptoms alone, or you have these symptoms and:

- you live in an area with ongoing spread of COVID-19,
- or you have recently traveled from an area with ongoing spread of COVID-19.

{ IN GOOD HEALTH }



WHAT PARENTS SHOULD KNOW ABOUT COVID-19



Margaret (Meg) Fisher, M.D., FAAP

Margaret (Meg) Fisher, M.D., FAAP, pediatric infectious disease specialist and chair of the Department of Pediatrics and medical director for The Unterberg Children's Hospital at Monmouth Medical Center, an RWJBarnabas Health Facility, answers parents' questions regarding the novel coronavirus, COVID-19—including RWJBH's response to the public health incident.

What is novel coronavirus?

A novel coronavirus is a new coronavirus that has not been previously identified.

The virus causing coronavirus disease 2019

(COVID-19) is not the same as the coronavirus that commonly circulates among humans and causes mild illness like a cold.

What is COVID-19?

Coronavirus (COVID-19) is a respiratory illness that can spread from person to person. Patients with COVID-19 have mild to severe respiratory illness symptoms including: fever, cough and shortness of breath.

How does COVID-19 spread?

COVID-19 spreads from person to person and is thought to spread between people who are in close contact with one another (within 6 feet)

through respiratory droplets produced when an infected person coughs or sneezes. It may also be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose or eyes; however, this is not the main way the virus is thought to spread.

Who is most at risk for catching COVID-19?

Much like the flu, individuals with compromised immune systems are at a higher risk for catching COVID-19, including the elderly and those with serious medical conditions.

What is the risk of my child becoming sick with COVID-19?

According to the Centers for Disease Control and Prevention (CD), children do not seem to be at higher risk for getting COVID-19 than adults. While some children and infants have been diagnosed with COVID-19, adults make up most of the known cases to date.

Are the symptoms of COVID-19 different in children than in adults?

The symptoms of COVID-19 are similar in children and adults. However, children with confirmed COVID-19 have generally presented with mild symptoms. Reported symptoms in children include cold-like symptoms, such as fever, runny nose, and cough. Vomiting and diarrhea have also been reported.

How can I protect my family?

Currently there is no vaccine to prevent COVID-19, but the CDC recommends these other ways to stay healthy and prevent the spread of illness:

- Practice social distancing by avoiding crowds. Social distancing means staying at least 6 feet away from others.
- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not readily available, use a hand sanitizer.
- Avoid touching your eyes, nose, and mouth.
- Keep your children away from others who are sick.
- Stay home and keep your children home if they are ill
- Teach your children to cough and sneeze into a tissue, their arm or elbow—not their hands
- Avoid travel to highly infected areas.

My child is sick and I suspect COVID-19, what should I do?

We advise that you call your child's pediatrician and discuss the symptoms. Based on your discussion they can guide you on appropriate next steps. Do not come to the hospital unless advised by your child's pediatrician. However, if your child is experiencing a healthcare emergency, dial 911.

How do I talk to my kids about COVID-19?

Much of the news coverage on COVID-19 can be overwhelming for parents and frightening for children. The American Academy of Pediatrics (AAP) has provided tips for parents and caregivers on how to filter this information and present it in a way that is easy for children to understand.

- Simple reassurance: Remind kids that researchers and doctors are learning as much as they can to keep everyone safe.
- Give them control: Remind them of what they can do to stay safe.
- Watch for signs of anxiety: Signs of worry include increased crankiness and trouble sleeping.

- Monitor their screen time: Keep younger children away from frightening images they may see on TV and social media.

Be a good role model: COVID-19 doesn't discriminate and neither should we.

Additionally, parents should try to plan their children's schedule. The AAP recommends keeping your kids' days as routine as possible. Some ideas to keep busy while practicing social distancing include:

- reading books with your child
- making time for active play or playing games that gets their creativity going
- taking a virtual tour of your favorite museum
- cooking and baking as a family
- getting a head start on spring cleaning
- video chatting
- meditating



RWJBARNABAS HEALTH: KEEPING FAMILIES SAFE

Visitor Restrictions: Only one parent/guardian will be permitted to visit our inpatient facilities. At our outpatient locations, only one adult will be permitted to accompany each patient to an appointment, unless an aide or assistant is required.

Increased Screening: Upon arrival to one of our facilities, you can expect screening of patients and those accompanying them for travel history, exposure to an individual with COVID-19 and any clinical symptoms at every point of entrance. We will be on high alert for any individuals with the following signs and/or symptoms: fever, respiratory infection, cough and/or shortness of breath, sore throat and/or those who have traveled and been in contact with travelers.

Training Drills: We have been practicing readiness drills at each of our hospitals to assess and address the potential needs of all of our patients and employees.

Isolation Rooms: RWJBH has identified and designated areas in each of our hospitals to use in order to keep COVID-19 patients separate from other patients and families.

Following Recommendations: We are following all guidelines and recommendations set by the Centers for Disease Control of Prevention (CDC) and the New Jersey Department of Health (NJDOH). We will continue to monitor and prepare our protocols, facilities, and work force based off of these continuously updated recommendations. We are taking all necessary precautions to protect our patients, families and employees.

Should I keep my child's appointment?

Yes. You and your child will face no additional risk coming to one of our facilities for your scheduled appointment. We recommend not postponing necessary and important care unless you or your child is experiencing flu or cold like symptoms.

Why are we being asked about our travel history?

In order to keep all patients, families, and employees safe we are asking every individual who enters one of our hospitals about their recent international and domestic travel—even employees. This is especially important because CDC guidelines now list multiple countries as nations of concern for potential COVID-19 patients. This screening measure helps us prevent possible exposure to COVID-19 even if the individual isn't showing signs or symptoms of illness.



For important COVID-19 information and updates, visit rwjbh.org/monmouth and click on the link in the yellow bar.

{ IN GOOD HEALTH }

COVID-19

Your health and well-being is the top priority at RWJBarnabas Health.

What to know and do

COVID-19, the novel coronavirus, is changing the way America is doing business, whether it's the business of running a school, a store or a hospital system. It can be difficult to figure out what is accurate as you navigate at this uncertain time. As your partner in health and neighbor, we're prepared to respond in your best interest during the pandemic.

The proper protocols

Our health system continues to collaborate closely with guidance from the New Jersey Department of Health, Centers for Disease Control and Prevention (CDC) and regional and local health departments. We have in place all of the appropriate protocols as well as highly trained clinicians to safely and reliably care for affected patients.

Spreading prevention

COVID-19 mainly spreads from person to person with those in close contact (within 6 feet).

If you have symptoms

If you are experiencing symptoms such as a dry cough, fever and/or shortness of breath, please contact your physician who will follow screening guidelines and advise you of next steps.

Please practice these prevention measures to protect you and others from the virus:

- Wash your hands with soap and water for at least 20 seconds.
- A good back-up is hand sanitizer with at least 60 percent alcohol.
- Avoid touching your eyes, nose or mouth.
- Stay home if you're sick and avoid those who are sick.
- Cough and sneeze into a tissue or sleeve.
- Disinfect objects and surfaces you touch frequently with a household cleaning spray or wipe.

WE'RE HERE

RWJBarnabas Health will continue working in close contact with the NJ Department of Health (1-800-222-1222) and the Centers for Disease Control and Prevention, as well as taking measures to protect our patients, staff and community at-large. Feel free to visit their websites as well as our dedicated website (below), along with our social media channels for continued updates and information.

CDC: cdc.gov/coronavirus/2019-ncov/index.html

NJDOH: nj.gov/health/cd/topics/ncov.shtml

RWJBH: rwjbh.org/covid19

STAY HOME
on the advice of public health officials, and please practice
social distancing to protect you and your community's health well-being.



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