www.eatingdisorder.care

EDCare and the Coronavirus:

As you are aware, COVID-19 the (new) Coronavirus continues to have an impact on an international and national basis. The spread of the Coronavirus is an emerging, rapidly evolving global situation that EDCare is closely monitoring so we can take appropriate steps to guide and minimize risk to our staff and patients as much as possible. Our medical and clinical staff keep current with the Colorado Department of Public Health & Environment (https://www.colorado.gov/cdphe), Kansas Department of Public Health and Environment (http://www.kdheks.gov/), Nebraska Department of Health and Human Services (http://dhhs.ne.gov/Pages/Coronavirus.aspx) and Centers for Disease Control "CDC" (www.cdc.gov) for the latest developments and advisories.

Background:

CDC is responding to an outbreak of respiratory disease caused by a novel (new) Coronavirus that was first detected in China and has now been detected in almost 70 locations internationally, including in the United States. The virus has been named "SARS-CoV-2" and the disease it causes has been named "coronavirus disease 2019" (abbreviated "COVID-19") (cdc.gov)

EDCare follows CDC guidelines and recommendations and has developed specific screening and ongoing monitoring processes for all current and incoming patients, visitors and staff to minimize as much as possible the risk associated with the virus.

Preventive Measures:

The following guidelines have been issued by the CDC: (https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html)

There is currently no vaccine to prevent Coronavirus (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask:
  - CDC does not recommend that people who are well to wear a facemask to protect themselves from respiratory diseases, including COVID-19.
  - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
  - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

More Information:

For information about handwashing, see CDC's Handwashing website.
https://www.cdc.gov/handwashing/

For information specific to healthcare, see CDC's Hand Hygiene in Healthcare Settings.
https://www.cdc.gov/handhygiene/providers/index.html

These are everyday habits that can help prevent the spread of several viruses. CDC does have specific guidance for travelers for more information; please consult their website.
https://wwwnc.cdc.gov/travel/