



# West Virginia State Medical Association

## **Frequently asked questions COVID-19—March 16, 2020**

For more information contact:  
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### **Can I get tested?**

Most local health departments and private providers don't have tests available. (This may change. Monday news reports said an additional 1.9 million tests are being released.) Limited testing is occurring when an individual has the following symptoms —fever of 100.4; coughing, shortness of breath and travel to an identified region of outbreak.

### **What if I have at least one of these symptoms?**

You should always be aware of your health and any condition you may have. Most of the symptoms can be treated at home with over-the-counter medications. If you have problems, call your health care provider for guidance.

While Coronavirus testing may not be indicated, do not diminish your symptoms. Call your health care provider anytime you are uncomfortable treating your symptoms with rest and over-the-counter medications.

The Kanawha-Charleston Health Department has a hotline. Call 304-348-1088. It is staffed 24 hours a day.

### **Should I go to an emergency room or my doctor's office?**

Call first. Explain your symptoms. Accept their guidance. They may have you come in, or they may prescribe therapies for home treatment. Many hospitals and health plans are addressing the outbreak through telehealth. Check with your provider.

### **How long do Coronavirus symptoms last?**

Generally, 10-14 days.

### **I have a friend or family member in a hospital or nursing home. Can I visit?**

Check with the facility. They have protocols in place to protect the health of their residents. It's an emotional time, but the protocols are to protect everyone.

### **Can I eat out?**

Restaurants remain open. Current guidelines call for congregating in groups of 10 or less. We recommend you have food delivered or order takeout.

### **How long is this going to last?**

It's important to remain vigilant because we don't know how long this will last. Continue to stay informed and check on your neighbors and family members.

### **Should I take this seriously?**

Yes. Keep informed. Plan and prepare. Don't panic.

### **Are the City of Charleston and Kanawha County prepared for COVID 19?**

This is an evolving situation. We are collaborating daily, hourly with each other and our state partners. Our emergency service personnel continue to work at the highest level of service.