

A. 對「**新冠狀病毒**」 COVID-19的認識

- 確診「**新冠狀病毒**」的患者經歷發燒（華氏100.4或更高），乾咳和呼吸急促。感染後2-14天內可能出現症狀。
- 大多數患者在頭2-3天出現發燒，然後出現乾咳，輕微的胸悶和身體疼痛的不適感。
- 「**新冠狀病毒**」最傳染性的時候是從症狀發作的頭5天。
- 第7-8天：大部份人開始漸漸康復而沒有那麼傳染性；但有些人變得更加嚴重。若是症狀持續嚴重需，需要深切醫療幫助。
- 80%的健康成年人在家中休息和服用輔助藥物後兩週即可康復。

什麼時候應進行「**新冠狀病毒**」檢查？

（目前最低檢查標準有的症狀，否則不受理）

- 發燒，乾咳和肌肉疼痛。
- 60歲，合併症-有持續乾咳，呼吸短促
- 直接接觸程陽性「**新冠狀病毒**」的患者和開始出現症狀
- 如果您有上述症狀，請戴上口罩並聯繫附近的緊急診所。

（無症狀的檢查可能會導致假陰性結果）

如果有呼吸困難，請戴上口罩然後往醫院急症室去。

B. 流鼻涕，喉嚨痛和輕微咳嗽而不發燒？ -多數是普通感冒。

（戴上口罩，保持手部衛生，在5-7天內會好轉；若有發燒時應尋求醫生診斷）

C. 眼睛發癢，嗓子疼和打噴嚏而不發燒？ -多數是季節性過敏，服用普通過敏藥物便會好轉

A. What to expect from COVID-19

- Patients who are confirmed with COVID-19 developed **fever (100.4 F or higher), dry cough and shortness of breath.** Symptoms may develop within 2-14 days of exposure.
- Most patients experience fever in the first 2-3 days, followed by dry cough, slight chest tightness and feeling ill with body pain.
- COVID-19 is most infectious in the first 5 days of symptoms.
- Day 7- 8 - either on the way to recovery and less infections or some people may become more critical and requiring more medical interventions. (such as pneumonia, respiratory distress...etc)
- 80% of healthy adults recover in 2 weeks with resting and supportive care medicine at home.

When do you get tested for COVID-19? (Current testing criteria)

- Fever, dry cough and muscle pain.
- 60 year old with comorbidity-persistent dry cough, short of breath.
- Direct contact with positive COVID-19 and develop symptoms

If you have the above symptoms, put on a mask and contact your local urgent care clinic
(Testing without symptoms may give a false negative result)

Report to ER if you have any difficulty breathing with a mask on.

B. Runny nose, sore throat and slight cough without fever? –likely a common cold.

(Put on a mask, hand hygiene precaution and should get better in 5-7 days; seek medical help if you develop fever)

C. Itchy eyes, sore throat and sneezing without fever? –Likely seasonal allergy and improve with OTC antihistamine