

For Our GYN patients-COVID-19

What should I do if I have had close contact with someone who has COVID-19?

Please stay at home, put on a mask if you have one and call your Primary Care Provider for next steps. If you do not have a primary Care Provider, please contact your local Health Department or the CareConnectNow of AAMC at 443 951-4270.

Can I travel by plane?

The CDC recommends postponing all non-essential travel, especially higher risk population to include individuals >60 years old and/or individuals with a compromised immune system.

How can I protect myself from getting COVID-19?

Avoid people who are sick, clean hands with soap and water or an alcohol based hand sanitizer, cover your cough, social distancing, keep up with local news and the CDC guidelines for updates.

Should I cancel my routine GYN appt?

You should move your appointment out a few weeks to be safe, especially if you are >60 years old or immune compromised.

Should I cancel my GYN problem visit?

If you have an urgent or important matter and wish to keep your appointment, that is up to you. We are using extra precautions here to help protect you and we will be here for those patients who need to be evaluated unless Maryland has any changes along the way.

What do I do if I have symptoms of COVID-19 (Cough, fever, or SOB)?

We recommend that you call your PCP and they can decide if an evaluation by PCP, Urgent Care, or ER is needed. They will then direct you as needed to a site for COVID-19 testing case by case.

If I acquire COVID-19, what are the best remedies to help my symptoms?

We recommend alternating Tylenol and Motrin (or Advil) as directed on the bottle for fever or body aches; lots hydration with water or electrolyte drinks such as Pedialyte; plenty of rest; for a sore throat we recommend soft or liquid foods for nourishment and to soothe the throat. We also recommend lozenges or gargling with warm salt water for a sore throat. You should go to the Emergency Room if you have trouble breathing or high fever over 103.5 for further evaluation and treatment.

For updated information, please refer to the CDC website:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

