

COVID-19 and EMS?

Should I be transported by ambulance if I want to be tested?

- If you ONLY want to go to the Emergency Room for testing, No! An ambulance, and the ER, is unnecessary
 - The Health Department recommends that you NOT be transported solely for COVID-19 testing
- Your first call should be to the health department (See other side for telephone number)

What to Expect When EMS Arrives

- EMS personnel will be wearing protective equipment
- Our goal is to limit the number of providers coming into contact with a potentially infectious person, so many people may arrive, but only one may enter
- EMS may stay as much as 6-10 feet from the patient while conducting an assessment to limit possible exposure

What if I'm not Insured?

- Governor Cuomo has directed NY Insurers to waive the cost of COVID-19 testing
- If you have no primary care provider, call CMC Urgent Care at 607-274-4150 BEFORE coming into the office

What If I am Having an Emergency?

Dial 911!

- As always, Bangs Ambulance personnel are ready to respond to all medical emergencies
 - You should not call 911 solely for having minor symptoms of COVID-19
 - If symptoms are severe, dial 911 and provide as much information as possible
- If you believe you may be infected or exposed, *tell the dispatcher*
 - Being open and honest will not hinder our ability to assist, *it can only help*
- Flu-like symptoms, unless accompanied by shortness of breath, confusion, or other potentially life-threatening conditions, are not necessarily indicative of needing 911

You may be able to protect the crew and prevent accidental spread to other patients by giving this information. For public safety, we NEED TO KNOW!!!



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The situation surrounding COVID-19 is dynamic and ongoing. For the MOST up to date information, please refer to the following (and other!) sources:

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

<https://tompkinscountyny.gov/health>

Coronavirus and What You Need to Know

COVID-19 Information Guide

Last Updated: 3/13/2020

What do I do If I think I am sick?

Many people who feel sick DO NOT actually have COVID-19. It is important to understand your symptoms.

Symptoms of COVID-19 Include:

- Mild to severe respiratory illness
- Difficulty breathing
- Fever
- Cough

Other Important Information:

- Recent travel to an area with a COVID-19 outbreak *in the previous 14 days*
- Being in close contact with someone who has the above symptoms *in the previous 14 days*

Not all cough and fever indicate COVID-19. These symptoms *can* be cause for concern, but they can be caused by many other illnesses.

If you have concerns start by contacting the Tompkins County Department of Health at:

607-274-6604

What Is COVID-19?

- Novel virus, meaning it has not been identified in humans before
- COVID-19 is the infectious disease caused by the most recently discovered virus

How Is COVID-19 Spread?

- Between people who are within 6 feet of each other
- Mainly through airborne droplets produced from:
 - Coughs
 - Sneezes
- Droplets can land in the mouths, noses, eyes, etc. of nearby people or they can be inhaled into the lungs
- COVID-19 can also be spread on surfaces, so avoid touching your eyes, nose, and mouth, and wash hands regularly!

Help prevent the spread of infectious disease, and wash hands with soap and warm water for at least 20 seconds.

CDC Recommendations

Should I Wear a Facemask?

- If you are well, there is NO NEED for a facemask. They keep germs in, not out
- If you have symptoms, you SHOULD wear a facemask, or one will be given to you by our crews

Facemasks are essential pieces of equipment for healthcare personnel for many other illnesses.

Wearing them when unnecessary limits resources for the treatment of other disease and can put patients and healthcare workers at risk.

Should I Be Tested? How Long Does it Take?

- If you have the symptoms listed ← on the left panel, contact your doctor BY PHONE
- If you do not have a primary care physician, call the Tompkins County Health Dept.
- DO NOT go to the Emergency Room or doctor's office to ask for testing
 - Going to these places can expose other patients that are already at risk to potential infection
- Testing can take anywhere from 6 – 48 hours! If tested, you should be quarantined until you at least receive results

At this time, testing will only occur if the Health Department deems it necessary. Asking for a test WILL NOT GET YOU TESTED FOR COVID-19!