

THANK YOU FOR TRUSTING BAPTIST

We greatly appreciate your patience and understanding as we work to provide the best care possible to you and our community. Because coronavirus disease 2019 (COVID-19) is a new virus and the situation is rapidly evolving, testing and treatment guidelines are changing. **If you have questions, please call our 24/7, toll-free Coronavirus Resource Center hotline at 866-941-4785 or visit baptistonline.org/coronavirus.**



What is COVID-19 (novel coronavirus)?

Coronavirus is a type of virus transmitted from animals to humans. Once a new strain infects humans, it is called a “novel coronavirus” and can cause sicknesses ranging from a common cold to severe respiratory illness. The novel coronavirus spreading in the United States causes coronavirus disease 2019, or COVID-19.



What can I do to protect myself and my loved ones from the flu or COVID-19?

- Wash your hands often with soap and water for at least 20 seconds.
- Avoid people with flu-like symptoms.
- Don't touch your face, nose, mouth or eyes.
- Don't travel unless it's necessary.
- Stay away from others if you have flu-like symptoms.
- **COVER YOUR COUGH.**



What are the symptoms of COVID-19?

- Fever, cough, difficulty breathing, chills, repeated shaking with chills, muscle pain, headaches, sore throat, or new loss of taste or smell.
- Symptoms may appear 2-14 days after exposure.



Cough into the crook of your arm.



Or cover your cough with a tissue.



How is it spread?

- Close contact with an infected person (within 6 feet for 10 minutes or more)
- Uncovered coughing or sneezing on other people or surfaces



Then throw tissue in the trash.



Wash your hands or use hand sanitizer.



What should I do if I start having symptoms?

BEFORE you go to your doctor isolate yourself:

- **CALL YOUR DOCTOR FIRST** to discuss your symptoms. If you need to go in, they will be prepared for you.
- If you don't have a doctor, please call 844-837-2433 to schedule an appointment.
- If you reside in the Jackson, Mississippi area call 855-733-8863 or in the Jonesboro, Arkansas area call 870-936-8000.
- If you prefer, a minor med or urgent care center would possibly have more timely openings. Please call ahead so they will be prepared for you.
- If your symptoms are considered mild, staying at home is the safest option.
- If your symptoms are severe, call 911 or call your nearest emergency room first, then go there.



What can I do if someone in my household becomes sick?

- Have a plan to treat and care for the sick person.
- Select a room for quarantine.
- Both caregiver and the sick person must always wear face coverings when in the same room.
- Limit time with the sick person – use your phone or tablet to visit and communicate.
- Keep prescriptions filled. Have over-the-counter medications on hand.
- Clean and disinfect frequently-touched objects and surfaces.
- Stock up on some non-perishable food and/or frozen food to last two weeks in case you or someone in your household becomes quarantined.
- Stay at least 6 feet away from others.



HOW TO CREATE A MYCHART ACCOUNT

If your condition changes, please call your doctor to discuss the next steps. Make sure that you have an active MyChart account to stay up-to-date on your health needs. If you do not have an active account, please follow the instructions below to activate a MyChart account.

Steps to activate your MyChart account with an activation code:

- 1) Go to mychart.baptistonecare.org and choose "Sign Up Now."
- 2) Enter your 15-digit code, last 4 digits of your social security number and your date of birth.
- 3) Create a 6-20 character username, password and security question.
- 4) Enter your email address (optional).
- 5) Accept user agreement.

Steps to activate your MyChart account without an activation code:

- 1) Go to mychart.baptistonecare.org.
- 2) Click "Sign Up Now."
- 3) Click "Sign Up Online."
- 4) Enter the requested information and click "Submit."

