



COVID - 19

IF YOU THINK YOU HAVE IT:

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet.pdf>

The HPS Network is closely monitoring the rapidly evolving developments regarding COVID-19. The World Health Organization has officially declared COVID-19 as a pandemic.

Recommendations for HPS families

If you have HPS, YOU SHOULD DO YOUR BEST TO NOT GET THIS!!!!

If you have HPS you are in a high risk category. Best practices are to use gloves and masks in addition to these recommendations below that are for EVERYONE: (Everyone in your household needs to adhere to this to keep you safe.)

Wash hands frequently!! Hands should be washed thoroughly and frequently, including under finger nails, for 20-30 seconds.

Avoid touching face

Avoid crowds, group gatherings, or close contact with sick people. Let others do your errands.

Disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

Stock up on medications, household items and groceries to stay at home until the outbreak wanes.

Avoid all travel, if possible

Practice “space distancing” maintaining a six-foot distance between people.

What to do if you suspect you might have COVID-19

Symptoms of COVID-19 are fever, cough and shortness of breath. Please contact your physician if you have a fever and cough. If you have shortness of breath be sure to call immediately and call 911 if you have trouble breathing.

Clinic and Doctor visits during COVID-19 outbreak

HPS patients who are doing well may want to have a discussion with their physicians about postponing or remotely conducting routine clinic and doctor visits until the outbreak passes. All HPS patients should pay close attention to the prevalence of COVID-19 in their local communities.

The **top priority** of the Scientific Advisory Board of the HPS Network is the safety and well-being of our HPS patient community.

Additional resources

<https://www.coronavirus.gov/>

<https://www.nih.gov/coronavirus>

Disclaimer:

This content was created for general informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. These recommendations are based solely on expert opinion, and the advice of your personal physician takes precedence over them. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this paper.