



## **CORONAVIRUS (COVID-19) INFORMATION HANDOUT:**

### **SYMPTOMS:**

The following are common symptoms of the coronavirus. If you have experienced any of these symptoms, or have been near someone with these symptoms, in the last 3 days, don't go to training and call your healthcare provider:

- \* Cough not associated with allergies
- \* Diarrhea, nausea, vomiting or other GI illness
- \* Shortness of breath or difficulty breathing
- \* Acute fatigue and sudden onset of discomfort or illness
- \* Fever – greater than 100.0 F
- \* Muscle Pain/Acute generalized pain
- \* Sore throat
- \* New loss of taste or smell

### **WHO DO I CALL? WHERE DO I GO? IF I HAVE SYMPTOMS:**

If you experience any of the common symptoms of the coronavirus, you should contact your primary care physician and ask if they want to see you or if you need to get tested. If you do not have a primary care physician you can call any of the Providence Immediate Care clinics. Here are two Immediate Care clinics:

Providence Immediate Care – Bridgeport  
18040 SW Lower Boones Ferry Rd  
Suite 100A  
Tigard, OR 97224  
Open 7 days a week 7am-6:45pm  
(503) 216-0724

Providence Immediate Care – Tanasbourne  
10670 NE Cornell Rd  
#101  
Hillsboro, OR 97124  
Open 7 days a week 7am-6:45pm  
(503) 216-9360

### **HOW CAN I PREVENT GETTING CORONAVIRUS?**

The following are best practice right now for preventing coronavirus:

- \* Washing hands for 20 seconds with soap and water, and using hand sanitizer
- \* Athletes and coaches should be encouraged to wear fabric face masks if able
- \* Bring your own water bottle to training, do not share with teammates or coaches
- \* Bring your own towel to training, do not share with teammates or coaches
- \* Do not share training equipment at this time, each athlete should have their own ball for training, and all equipment should be cleaned before and after training.
- \* All athletes and coaches should go straight home following training and shower immediately upon returning to home.
- \* All athletes and coaches should adhere to social distancing guidelines while on the sideline, and when applicable during training.