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## MEDEX BULLETIN

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Date: March 2, 2020  
To: MEDEX Clients and Partners

Notification: Electronic Distribution  
From: 

Subject: **MEDEX Advisory on the Coronavirus**

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### MEDEX Advisory on the Coronavirus

#### Introduction

Coronaviruses (COVID-19) are pathogens in humans and animals. At the end of 2019, a novel Coronavirus was identified as the cause of a cluster of pneumonia cases in Wuhan, a city in the Hubei Province of China. It rapidly spread, resulting in an epidemic throughout China, with sporadic cases reported globally, including the United States.

#### Clinical Features

Pneumonia appears to be the most frequent serious manifestation of infection, characterized primarily by fever, cough, dyspnea (labored breathing), and bilateral infiltrates on chest imaging.

Most infections are not severe, although many patients have had critical illness. Specifically, in a report from the Chinese center for disease control and prevention that included approximately 44,500 confirmed infections with an estimation of disease severity, 81% were mild, 14% were severe, and 5% were critical.

Symptoms can include:

- Fever
- Cough
- Trouble breathing
- Fatigue
- Muscle aches
- Gastrointestinal symptoms (e.g., nausea and diarrhea)

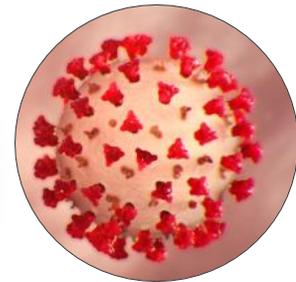
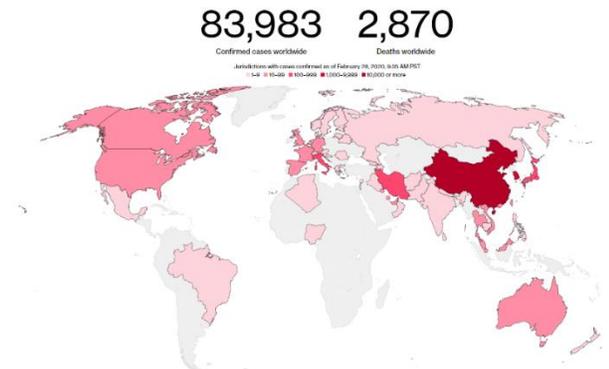
#### Medical Management

**Hospital Care** – Management of patients with suspected or documented COVID-19 consists of ensuring appropriate infection control and supportive care.

**Home Care** – Home management may be appropriate for patients with mild infection who can be adequately isolated in the outpatient setting. Management of such patients should focus on prevention of transmission to others, and monitoring for clinical deterioration, which should prompt hospitalization.

#### Prevention

The World Health Organization (WHO) recommends standard, contact and droplet precautions with eye or face protection. The addition of airborne precautions is warranted during aerosol-generating procedures, such as tracheal intubation, noninvasive ventilation, tracheotomy, cardiopulmonary resuscitation, manual ventilation before intubation, and bronchoscopy. WHO advises general measures to reduce transmission of infection, including diligent **hand washing**, **respiratory hygiene** and **avoiding close contact with live or dead animals and ill individuals**.





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## FREQUENTLY ASKED QUESTIONS

### **Will I need tests?**

Yes. If your doctor or nurse suspects you have COVID-19, they will do tests on samples of fluid taken from inside your nose and mouth. They might also test fluid from your lungs, as well as your urine and stool (bowel movements). These tests can all show if you have COVID-19 or another infection.

Your doctor might also order a chest X-ray to check your lungs.

### **How is COVID-19 treated?**

Many people with COVID-19 have only a mild case of the illness and can rest at home until they get better. If you have more severe illness, you might need to stay in the hospital, possibly in the intensive care unit (also called the "ICU"). There is no specific treatment for the infection, but the doctors and nurses in the hospital can monitor and support your breathing and other body functions, and make you as comfortable as possible.

You might need extra oxygen to help you breathe easily. If you are having a very hard time breathing, you might need to be put on a ventilator. This is a machine to help you breathe.

### **Can COVID-19 be prevented?**

There are things you can do to reduce your chances of getting COVID-19.

You can also lower your risk of infection by avoiding animals and markets that sell animal products. Do not eat raw meat, and do not eat food that might have been in contact with animals without washing, peeling, or boiling it first.

If someone in your home has COVID-19, there are things you can do to protect yourself:

- Keep the sick person away from others – The sick person should stay in a separate room and use a separate bathroom if possible.
- Use face masks – The sick person should wear a face mask when they are in the same room as other people. If you are caring for the sick person, you can also protect yourself by wearing a face mask when you are in the room. This is especially important if the sick person cannot wear a mask.
- Be extra careful around body fluids – If you will be in contact with the sick person's blood, mucus, or other body fluids, wear a disposable face mask, gown, and gloves. If any body fluids touch your skin, wash your hands with soap right away.
- Clean often – It's especially important to clean things that are touched a lot. This includes counters, bedside tables, doorknobs, computers, phones, and bathroom surfaces.
- Wash hands – Wash your hands with soap and water often

### **What can MEDEX do to help?**

MEDEX is aware that the Coronavirus threat is of concern to employers and their employees, both to protect their team members and to maintain business operations.

From a Workers' Compensation claim perspective, MEDEX can guide patients, employers, and claims professionals to appropriate medical care and educate the patient and his or her family on preventing the spread of the disease. Our medical management team can also coordinate communications and care between the patient, his or her family, medical providers, and the claims examiner to facilitate timely treatment, recovery, and prevention of the spread of the virus.

From an educational perspective, **MEDEX offers educational seminars to employers and their workforces** on recognition, prevention, containment, and medical treatment of the disease, upon request.

Please contact us for more information on how MEDEX can help at [info@medexhco.com](mailto:info@medexhco.com).