

# What you need to know about

# COVID-19



**If you have not traveled to an area where COVID-19 is prevalent or been in close contact with a traveler, and you develop respiratory symptoms, it remains likely that you have a seasonal illness like the flu rather than COVID-19.**



**The steps to protect yourself from COVID-19 are generally the same as those for the flu.**



**The vast majority of people who contract COVID-19 will not require hospitalization; symptoms are often mild enough that one can recover at home.**



**You only need to seek medical care if you develop life-threatening conditions like severe shortness of breath, changes in mental status, severe dehydration, or other complications.**

**> Contact your provider for more advice and call ahead if you plan to seek medical care.**



**Mount  
Sinai  
South  
Nassau**