



**FRANKLINTON
PHARMACY**

GROWING WITH FRANKLINTON

What are Coronavirus symptoms?

The Coronavirus presents just like the flu caused by Influenza and cannot be distinguished from Influenza by the symptoms.

What **ARE** Flu like symptoms?

- Coughing
- Onset of muscle and joint aches and pains
- Fever
- Cold symptoms
- More serious symptoms would include Shortness of Breath

What if I have flu like symptoms or need care during this time?

Primary care plays an **important role in preventing the rapid spread of the Coronavirus**. If at any time, you think you need to be seen, call your doctors office first. If you have mild symptoms of the flu, you may be treated remotely instead of an in-person visit for your safety and the safety of others. If you have moderate or severe symptoms, your doctor will work with local hospitals to see you and appropriately test for the Coronavirus.

Specific Guidance for patients 60 and older

Today, my greatest concern is for all patients 60 and older or anyone with lung disease, heart failure, active cancers and diabetes. It is very important that you limit your potential for exposure to the Coronavirus which is most certainly present in our community.

Important Guidance for All Patients

For patients **under 60** who do not have any of the diseases I noted above, please use precautions to limit exposing your family and friends if you develop a flu like illness.

- Do not go to work if you have flu like symptoms
 - If your employer still wants you to come into work when you are ill, your physician can provide you with any note they will require
- Obtain over the counter medications to help control symptoms and remain home until your symptoms resolve
 - **Acetaminophen or ibuprofen** for any aches and pains (Tylenol or Advil)
 - **Guaifenesin** for a cough to loosen the mucus (Robitussin or Mucinex)
 - When this is combined with dextromethorphan it can make you sleepy so best to take at nighttime
 - **Pseudoephedrine** as needed for nasal congestion (Ask your pharmacist for this)
 - This medication may make it difficult to fall asleep so is best used during the day

General Prevention Guidance for All Patients

- Make sure you have an adequate supply of your **medications**.
- Contact our pharmacy if you need refills and we will find a way to assist you.
- Please delay elective healthcare appointments.
- When you are out in the community, getting groceries or going to the pharmacy, please use all of the recommendations to limit your exposure.
 - Wash your hands frequently, hand sanitizers are also effective
 - Do not touch your face
 - Keep a 6-foot distance from any other people
 - Use cleaning wipes on surfaces like grocery cart handles
- Keep your environment at home clean.
- If you have loved ones at home who are ill with flu like symptoms, limit your exposure using the same techniques above but in addition:
 - Make sure your home is disinfected by washing surfaces where your family member has been in contact.
 - Keep your family member home until their symptoms have completely resolved
- Limit your exposure to others in the community by **avoiding large gatherings & gatherings with children**
 - Many children may not exhibit symptoms but can be infected with the Coronavirus and others
 - If you are around children, make sure you teach them to perform the same measures to limit exposure. When they have been out in the community and they return home, have them avoid touching surfaces at home until they have thoroughly washed their hands.

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