



COVID-19

*Statement on COVID-19 from AE Alliance reviewed by AEA Medical Advisory Board
March 18, 2020*

COVID-19 affects many countries around the world and in the US measures are being taken to limit the spread of the virus. These are uncertain times and they affect everyone at multiple levels. While most people who may develop this viral illness will have mild to moderate symptoms, some people may need to see a health care provider or be hospitalized.

COVID-19 symptoms: cough, fever and shortness of breath.

Some AE patients may have immune systems that are compromised and they may also be taking medications that suppress their immune system, that may put them at a great risk. The [CDC has set up guidelines](#) to reduce the risk of attracting this virus. We strongly advise our community to practice these guidelines vigorously.

This is what you can do:

- Clean your hands often
- **Wash your hands often** with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or having been in a public place.
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- **To the extent possible, avoid touching high-touch surfaces in public places**– elevator buttons, door handles, handrails, handshaking with people, etc. Use a tissue or your sleeve to cover your hand or finger if you must touch something.
- Wash your hands after touching surfaces in public places.
- **Avoid touching your face**, nose, eyes, etc.
- **Clean and disinfect** your home to remove germs: practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones)
- **Avoid crowds**, especially in poorly ventilated spaces. Your risk of exposure to respiratory viruses like COVID-19 may increase in crowded, closed-in settings with little air circulation if there are people in the crowd who are sick.
- **Avoid all non-essential travel** including plane trips, and especially avoid embarking on cruise ships.

If you do get sick, call your healthcare provider and let them know about your symptoms. Tell them that you have or may have COVID-19. This will help them take care of you and keep other people from getting infected or exposed.

Additional resources

- [RxOpen.org](https://www.rxopen.org/) helps people find nearby pharmacies that are open in areas impacted by disasters or emergencies. While this service does not provide medication, it can help you find a pharmacy that is open, so you can have your prescription transferred there to be filled.
- [US Centers for Disease Control and Prevention \(CDC\)](https://www.cdc.gov/)