

Information on COVID-19 (Coronavirus)

Metro Community Health Centers (MCHC) is committed to the safety and wellbeing of our patients. Due to the growing number of cases of COVID-19 in the New York City Area we are asking patients to do the following:

1. **Please call ahead** if you or your patient is experiencing cough, fever or difficulty breathing or any flu-like symptoms. This will allow us to fast track patients in and out of the health center.
2. **Do not arrive early** to appointments. We would like to decrease the amount of time patients are sitting in the waiting rooms.
3. **Please inform front desk staff** if you have traveled outside of the country or to any areas affected by COVID-19 OR have been in contact with someone who has.
4. **We currently DO NOT** have the ability to test for the COVID-19 virus.
5. **Please stay informed** and prepared by getting updates from the:
 - [CDC- Novel Coronavirus](#)
 - [New York State Department of Health](#)
 - You can **text COVID** to **692-692** for regular updates from the NYC Department of health. Messages and data rates may apply.

What is the Novel Coronavirus (COVID 19):

Coronaviruses are a group of viruses that CAN cause either mild illness, such as a cold or can make people sick with pneumonia. Recently a NEW coronavirus, called COVID-19, has been detected. COVID-19 can be spread from person to person. Currently, there is no vaccine or treatment for COVID-19 or any other coronavirus, but the development is currently underway.

Symptoms of COVID-19:

The most common symptoms are:

- Fever
- Cough
- Shortness of breath

Other possible symptoms can include flu-like symptoms and fatigue and muscle aches. The Center for Disease Control (CDC) reports at this time that symptoms can appear between 2-14 days after exposure. Symptoms can be mild to severe. Those who are older and those with underlying health conditions are at greater risk for complications from COVID-19.

How is Coronavirus Transmitted

The CDC reports that the virus is transmitted from person to person. It can be transmitted through respiratory droplets when an infected person sneezes and coughs.

Steps to Prevent Illness:

- Wash hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing their nose, coughing, or sneezing (if soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol)
- Avoid touching your eyes, nose or mouth.
- Avoid close contact with those who are ill.
- Stay home if you are sick.
- Cover coughs and sneezes
- Clean and disinfect frequently touched surfaces and objects.

Metro is Committed to your Safety and Wellbeing!

At MCHC, we have implemented mandatory screens at our front desks. Patients and their caregivers will be asked if they are currently experiencing respiratory symptoms, have recently traveled abroad or to areas affected by COVID-19 or have been in contact with someone who has.

As part of our Emergency Preparedness plan, MCHC has systems in place to keep our patients, their caregivers and our staff as healthy as possible. If you have questions or concerns, please call our health center. If you have a question after our hours of operation, our provider- staffed After Hours line is there to assist you.

MCHC continues to monitor the situation and receive updates from the New York State Department of Health and the CDC.