Coronavirus COVID-19

The West Michigan Cancer Center & Institute for Blood Disorders (WMCC) strives to ensure patient and staff safety as a top priority. Please review the following information regarding COVID-19 prevention and symptoms. WMCC will continue to monitor the ongoing situation and recommendations from the US Centers for Disease Control (CDC). We will also coordinate with local health department officials and both Bronson Healthcare and Ascension Borgess to provide the best care possible for those who may become affected.

Basics and Symptoms:

COVID-19 is a new strain of coronavirus that seems to spread easily from person to person through respiratory droplets or by contact with an infected surface or object. Symptoms may appear in as few as two days or as long as 14 days following exposure to the virus. The symptoms that are consistent with COVID-19 include fever, cough and shortness of breath (lower respiratory disease).

Prevention:

The CDC recommends prevention measures that are very similar to prevention measures for the flu.

- **Handwashing**: Wash your hands using soap and water for at least 20-30 seconds; especially after going to the bathroom, before eating, after blowing your nose, coughing or sneezing or providing care for someone with symptoms. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

- **Avoid touching your face**: It is very common for an individual to touch their face on a regular basis. It is important to avoid touching your face as this is a common way that viruses enter and leave your body. It is additionally important to avoid the T-zone – eyes, nose and mouth.

- **Social distancing**: If you are sick, it is important that you stay home, unless seeking medical attention, and follow good prevention etiquette. If you must be out in public, try to avoid those who are sick.

- **Facemasks**: Facemasks are recommended for those who are sick.

- **Travel guidelines and restrictions**: It is important to avoid travel to areas where an outbreak is occurring. Please check the CDC for travel guidelines.

- **Cleaning**: it is important to clean commonly touched surfaces. Standard disinfecting wipes appear to be sufficient (i.e., Lysol wipes). WMCC is committed to this practice throughout our normal daily cleaning protocol.

Arriving at West Michigan Cancer Center

If you are experiencing the above symptoms, please call ahead to discuss with your healthcare provider. Upon arriving at WMCC, you may be asked basic questions regarding COVID-19 symptoms. These may include: Do you have or have had a fever in the past 48 hours? Have you been experiencing shortness of breath or have you been coughing frequently? Have you or members of your home traveled outside of the United States or to areas of the country experiencing a COVID-19 outbreak? As part of our infection control program, you may be asked to wear a mask while at WMCC to help prevent the spread of a communicable illness. This also applies to any caregivers who may be with you at WMCC.