A physician's guide to COVID-19

A quick-start physician guide to COVID-19, curated from comprehensive CDC, JAMA and WHO resources, that will help prepare your practice, address patient concerns and answer your most pressing questions.

Prepare your practice or health system for COVID-19

Steps health care facilities can take now to prepare

1. Stay informed about the spread of COVID-19 and develop a plan to manage an outbreak at both the system and community level
2. Communicate your COVID-19 updates and details about your preparedness plan with both staff and patients
3. Set up screening measures and guidance on using Personal Protective Equipment (PPE) to keep your workforce healthy
4. Take measures to keep "Persons Under Investigation" (PUI) and others with suspected COVID-19 symptoms separate from the rest of your patients

Read the full CDC guidance for health care facilities.

Get the full health care facility guidance from WHO.

How to protect yourself from infection

How to minimize exposure and implement Standard, Contact and Airborne Precautions

The CDC recommends specific measures to minimize the spread of infection that include:

1. Proper use of PPE, including eye protection
2. Monitoring and restricted access for visitors and other nonessential personnel
3. Monitoring and managing ill and exposed health care personnel
4. Implementing environmental infection control
5. Establishing reporting within health care facilities and to public health authorities

Read the full Interim Infection Prevention and Control Recommendations.

How to manage your supply of personal protective equipment (PPE)

Strategies to optimize limited supply of PPE during a period of high demand.

1. Who needs PPE
2. Who does not need PPE

Read the full CDC information on supply of PPE and optimizing the supply of N95 respirators.

Diagnosing patients with suspected or confirmed COVID-19

Who should be tested for COVID-19 and how to get them tested

Most patients with confirmed COVID-19 have developed fever and/or symptoms of acute respiratory illness (e.g., cough, difficulty breathing).

Read the most recent COVID-19 clinical criteria.

Health care professionals should immediately notify their local or state health department in the event of a PUI for COVID-19. Find your state and local health department contacts.

How to manage patients diagnosed with COVID-19

As no specific treatment for COVID-19 is currently available, current clinical management includes recommended infection prevention and control measures and supportive management of complications.

Patients that require hospitalization should be placed in an airborne infection isolation room (AIIR) and staff should take all recommended precautions while providing care.

Guidance from the CDC on the clinical management of patients with COVID-19.

Precautions to take for vulnerable patients

As COVID-19 is spread by person-to-person contact, limiting the impact of the virus on certain vulnerable patient populations may require specialized prevention measures.

- Read advice on people at risk for serious illness from COVID-19
- Read advice on caring for the immunocompromised
- Read advice on caring for infants and pregnant women
- Read advice on for long-term care residents

What to do if you have been exposed to patients with COVID-19

How to assess risk, monitor for symptoms and understand work restriction decisions for health care professionals with potential exposure to COVID-19.

All health care professionals are at some risk for exposure to COVID-19, whether in the workplace or in the community. The CDC recommends that facilities develop a plan to screen for symptoms and evaluate ill health care professionals.

Interim U.S. guidance from the CDC.

How to communicate with patients

COVID-19 facts to share with concerned patients

Sharing facts on how the virus is spread and how to minimize exposure can help calm patient fears and prevent them from falling for popular myths.

Explore CDC fact sheets and posters.

Common myths that you should be ready to debunk

Misinformation about COVID-19 is being shared across social media and other platforms at alarming speed. Physicians have a duty to correct dangerous and misleading myths that could harm patients' health.

Read the biggest misconceptions.

Advice to give patients who have suspected or confirmed COVID-19

The most critical advice physicians can give patients is to minimize their contact with others if they experience a fever and symptoms of respiratory illness that are common with COVID-19.

Read more tips from CDC to prevent the spread of COVID-19.

Notices to inform travelers and clinicians about current health issues that impact travelers' health

The CDC is currently recommending avoiding nonessential travel to countries with widespread sustained transmission of COVID-19.

Read CDC travel notices

Coverage and Benefits Policies Related to COVID-19

The Centers for Medicare & Medicaid Services (CMS) has issued a new frequently asked questions guide regarding coverage and payment for laboratory tests and other services related to COVID-19.

Read the CMS Medicare FAQ.

Read the CMS Medicaid FAQ.

Read information related to COVID-19 individual and small group market insurance coverage.