

## APRIL 2020

# COVID-19

According to the Center for Disease Control, the coronaviruses are a large family of viruses that are common in people and generally cause the common cold. This particular coronavirus, COVID-19, is a respiratory illness that can spread quickly from person to person. While there isn't currently a vaccine for COVID-19, there are steps you can take to protect yourself and your loved ones:

- **Wash your hands often:** Wash your hands with soap and water for at least 20 seconds. Singing the chorus to your favorite song twice is a good way to make sure you're washing your hands long enough. If soap and water aren't available, you can use hand sanitizer that contains at least 60% alcohol. In all cases, avoid touching your eyes, nose or mouth with unclean hands.
- **Stay home if sick:** If you are not feeling well, you should stay away from others to prevent the spread of illness. If your symptoms persist, you should contact your primary care physician to determine what steps you should take to feel better.
- **Keep a safe distance from others:** You should avoid close contact, especially with people who are sick. Practice social distancing by avoiding crowds or mass gatherings and maintain a distance of approximately 6 feet from others when possible.
- **Cover coughs and sneezes:** Be sure to cover your mouth and nose when you cough or sneeze. If there are no tissues around, sneeze or cough into the inside portion of your elbow and thoroughly wash your hands afterwards or use hand sanitizer if soap and water aren't available.
- **Clean frequently touched or used surfaces:** Routine cleaning of high-touch surfaces is important in preventing illnesses. These surfaces include counters, tabletops, bathroom fixtures, door knobs, keyboards and tablets among other things.

**At MLH:** In an abundance of caution for the health of our patients, families and community, we have implemented new screening and visiting policies across all of our facilities. For more information on this and other COVID-19 topics, please visit [www.methodisthealth.org/coronavirus](http://www.methodisthealth.org/coronavirus).



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# OUR FAITH-BASED MISSION

Our mission is to collaborate with patients and families to be the leader in providing **high-quality, cost-effective, patient- and family-centered care** in a manner which supports the health ministries and Social Principles of the United Methodist Church to benefit the communities we serve.

**1,700+**

free screenings and referrals for mental health in 2019.

Erased millions of dollars in medical debt and changed policies so more than

**50% of Memphians**

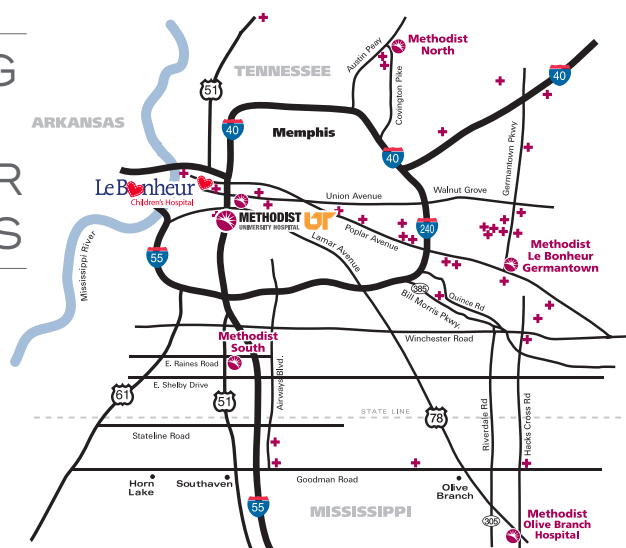
are now eligible for financial assistance.

In 2019, we provided over  
**\$225 million**  
in community benefit.

**1,500+** hospice patients cared for



SERVING  
**ALL OF**  
GREATER  
MEMPHIS



For more information, contact Jonathan Lewis, Program Manager in the Mission Integration Division, at [jonathan.lewis@mlh.org](mailto:jonathan.lewis@mlh.org) or 901.478.0545.

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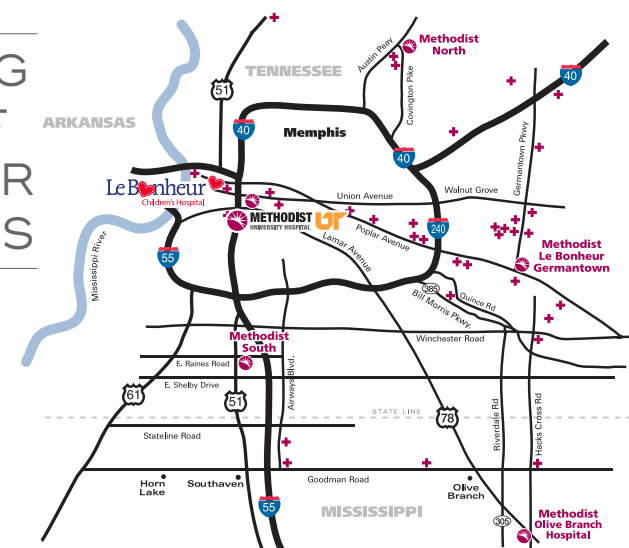
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