

COVID-19 Frequently Asked Questions

Blue Cloud is committed to the health and safety of our patients as well as doing our part to reduce the transmission of this disease. Read our FAQs below.

Are your Surgery Centers open?

Yes, Blue Cloud Pediatric Surgery Center's locations are open with the exception of our surgery center in New Jersey.

What steps are you taking to protect patients that visit your facilities?

Please read our COVID-19 Preparedness Plan document found on our website for details regarding the additional precautionary measures we have implemented to protect our patients and team members.

Can someone without symptoms spread the virus?

While it is possible that someone is contagious even without symptoms, this is not thought to be the main way the COVID-19 virus is spread. People are considered most contagious when they have symptoms. The virus is thought to spread through respiratory droplets produced when an infected person coughs or sneezes.

What is the incubation period (time between exposure and appearance of symptoms) and how long do symptoms last?

Incubation is thought to range anywhere between 1-14 days, with an average of five (5) days.

Are there people who are at a higher risk?

People ages sixty (60) and above, as well as those with underlying health conditions such as diabetes, heart disease, lung disease and cancer, seem to be at higher risk of developing a more severe form of the COVID-19 illness.

About COVID-19

What is a pandemic?

Per the CDC, a pandemic is a global outbreak of disease. Pandemics can happen when a new virus emerges. The virus infects people and can spread between people sustainably. Because there is little to no pre-existing immunity against the new virus, it can spread world-wide. There are multiple factors that can influence the virus's ability to spread. These may include temperature, humidity and availability of hosts (infected individuals).

What is COVID-19? How is COVID-19 being transmitted? Is it easy to contract?

COVID-19 spreads like the flu, mostly through person to person contact. Social distancing is thought to minimize the ability of the virus to spread. This means keeping at least six (6) feet between you and other people. <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>

Is there anything I can do to protect myself, family, friends, and coworkers?

Routine cold and flu precautions should be followed, such as:

- Practice good hand hygiene by washing your hands frequently for at least twenty (20) seconds with soap and water. If soap and water are not available, use an alcohol-based sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Cover your cough and sneeze with a tissue or the elbow of your sleeve, not your hands and throw the tissue out immediately.
- Stay home when you have a fever and/or respiratory symptoms.
- Clean and disinfect areas that might be infected with germs, especially anything shared like doorknobs, handles, elevator buttons, and light switches, as well as hard surfaces and frequently used items like pens, phone and keyboards. Do not share toothbrushes.
- Avoid large gatherings of people and practice social distancing.
- Avoid travel, but if you must, stay hydrated and clean the area around you with disinfectant wipes.

Can someone without symptoms spread the virus?

While it is possible that someone is contagious even without symptoms, this is not thought to be the main way the COVID-19 virus is spread. People are considered most contagious when they have symptoms. The virus is thought to spread through respiratory droplets produced when an infected person coughs or sneezes.

What is the incubation period (time between exposure and appearance of symptoms) and how long do symptoms last?

Incubation is thought to range anywhere between 1-14 days, with an average of five (5) days.

Are there people who are at a higher risk?

People ages sixty (60) and above, as well as those with underlying health conditions such as diabetes, heart disease, lung disease and cancer, seem to be at higher risk of developing a more severe form of the COVID-19 illness.

I think I've been exposed to coronavirus or I think I have symptoms, what do I do?

If you believe you've been in contact with someone who has been diagnosed with the (COVID-19) coronavirus, or if you have symptoms after traveling to a high-risk area, seek medical care right away. Before you go to a health care provider's office, clinic or emergency room, call ahead and tell them about your recent travel/possible exposure, and your symptoms. This will help your provider evaluate the situation and lead you to the next steps and where to go.

Other recommendations for if you have symptoms:

- Stay at home and isolate yourself from others.
- Keep at least 6 feet (~2 meters) away from others in the room/health care provider's office, and, if available, wear a simple facemask. This helps prevent the spread of your respiratory droplets.
- If no mask is available, cover your mouth and nose with a tissue or the elbow of your sleeve when you cough or sneeze.
- Avoid sharing household items.

<https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>

Is there a vaccine or a medication for COVID-19?

Not yet. Several types of medications are currently being tested and a vaccine could be more than a year away. Hydration and symptom specific treatment is recommended at this time.

Once an infected person has coughed or touched a surface, how long before the virus is no longer a threat?

This is not currently known, but we do know that the flu virus can live on surfaces for up to 48 hours. This is why it is best to remain vigilant cleaning all areas with appropriate disinfectants and encourage frequent handwashing and the other hygiene practices listed above.

What type of cleaning products should be used?

The CDC recommends using routine/household grade cleaning sprays or wipes, and has also provided a third-party list of specific products that are EPA-approved against emerging viral pathogens. While disinfectant products on this list have not been tested specifically against SARS-CoV-2, the cause of COVID-19, they are expected to be effective against SARS-CoV-2 (and COVID-19) because they have been tested and proven effective on either a harder-to-kill virus or against another human coronavirus similar to SARS-CoV-2 (and COVID-19). The products used at your site fit these criteria already.

<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>

Are medical masks available to employees to prevent coronavirus?

WHO and CDC recommend the use of masks only if you have active respiratory symptoms (coughing or sneezing). Taking or hoarding masks makes these unavailable to the healthcare workers that need it to serve the public. It is not advised that the general public use masks unless they are exhibiting symptoms. Employees are not allowed to take masks for personal use unless they start exhibiting symptoms while at work and need to take a mask while on their way home.

Where can I get more information?

- <https://www.cdc.gov/coronavirus/index.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/faq.html>
- <https://www.who.int/health-topics/coronavirus>