

What You Should Know About COVID-19

Community Medical Centers is closely monitoring COVID-19 recommendations from CDPH and CDC, as well as the incidence of other respiratory viruses like the flu. . As home to the Valley's only Level 1 trauma center, our staff and physicians are highly trained and routinely prepare for situations like these. We partner with the Fresno County Department of Public Health, California Department of Public Health, the Centers for Disease Control (CDC) and other emergency responders and health agencies.

Are visitors allowed in your hospitals?

For the protection of patients and families, as well as our employees and physicians, as of April 6, 2022, only two visitors per day per patient are allowed in private rooms and one visitor per day for semi-private rooms are allowed at our hospitals. General visitation hours are 8 a.m. to 8 p.m., with some unit-specific hours. There are tighter restrictions and a few exceptions depending on patient circumstances. Adult visitors (16 years of age and older) are allowed based on the list outlined below, and must stay in the room for the duration of the visit.

- No visitors are permitted in the emergency areas except for patients with specific caregiver needs.
- Adult patients may have two visitors per day in private rooms and one visitor per day in semi-private rooms during the hours of 8 a.m. to 8 p.m.
- Specific information on visitation for obstetric patients can be found [here](#).
- Patients who are under the age of 18 may have two visitors, parent or guardian.
- Patients who are at the end-of-life may have two visitors.
- Patients who are being discharged may have two visitors to receive discharge instructions and teaching.
- Patients with physical, intellectual, developmental disabilities or cognitive impairments or their family/patient representative may designate two support people to be present at a time.

Visitors will not be allowed in rooms of suspected or confirmed COVID-19 patients with the exception of pediatric patients, patients in critical care, obstetric patients or patients at end-of-life.

Unit leadership will decide any exceptions to the above on a case-by-case basis for emergent situations. These restrictions are subject to change.

Do visitors need to show proof of vaccination status?

Effective Sept. 28: Community will no longer require visitors to show proof of their COVID-19 vaccination status or a recent negative COVID-19 test. This change is in alignment with updated visitor guidelines provided by the [California Department of Public Health \(CDPH\)](#).

While we will no longer require proof of a COVID-19 vaccination or a negative COVID-19 test, the following visitor guidelines remain in effect:

Visitors must be:

- Age 16 and older
- Negative for COVID-19 symptoms before entering our facilities
- Not positive for COVID-19 in the last 10 days
- Wearing required personal protective equipment such as face masks at all times

Do visitors need to wear a mask?

Masks can help stop the spread of infection by containing respiratory droplets produced when an infected person coughs or sneezes. We are requiring all patients and visitors be masked with a minimum of a surgical mask in all Community Medical Centers facilities. If you do not have one, you will be supplied with one upon entry. Visitors with cold, flu or COVID-19 symptoms will not be allowed to visit family or friends in the hospital.

What is COVID-19 and how is it spread?

COVID-19 is a respiratory illness caused by a virus first identified in Wuhan, China. The virus spreads from person-to-person via respiratory droplets produced when an infected person coughs or sneezes, much like a cold or flu.

How do I avoid getting sick?

- Wash your hands often with soap and water for at least 20 seconds.
- Avoid close contact with those who are sick.
- Avoid touching your eyes, nose and mouth.
- Clean and disinfect frequently touched surfaces like door knobs, cell phones and keyboards.
- Finally, stay home when you are sick.

Is anyone at higher risk of getting seriously ill from coronavirus?

Yes. Older people and people with severe chronic conditions like heart disease, diabetes, and lung disease are at higher risk and should take special precautions like limiting exposure to crowds.

What are the symptoms of COVID-19?

Most seem to experience a mild to severe respiratory illness, not unlike a cold. Common signs and symptoms of COVID include fever and symptoms of a lower respiratory illness like coughing or shortness of breath. In some patients the illness may progress into pneumonia.

What do I do if I have those symptoms?

If your symptoms are **not** severe, stay home. If you are showing any of the symptoms, do **not** go to work and don't travel. If you need to see your doctor, call ahead and report:

- Your symptoms
- Recent travels
- Possible exposures to COVID-19

Are your hospitals ready to handle this?

We are prepared with procedures in place to treat patients with COVID symptoms and to help protect our other patients and staff from the spread of the virus. We are also closely monitoring our supplies and coordinating with local, state and national public health agencies and healthcare providers to help ensure we're doing everything possible to meet the needs of our patients and our community.

For more information, please visit our website at CommunityMedical.org.

Also helpful is the [U.S. Centers for Disease Control and Prevention COVID-19 website](https://www.cdc.gov/coronavirus).