



March, 2020

Ascent Patients & Caregivers,

Due to the heightened concern regarding COVID-19 (coronavirus), Ascent Respiratory Care would like to reassure all patients and caregivers that we are committed to providing the highest quality service while remaining vigilant of your safety. Ascent has a long-standing and robust Risk Management and Safety Control Program in place that informs our patient care processes and procedures during emergencies, including communicable disease outbreaks. This plan also addresses infection control measures that meet CDC, local Health Department, and OSHA standards. We are well prepared to continue providing you with the supplies, expertise and care you have come to expect from Ascent.

To help you stay informed, we have compiled the following information from the CDC website specifically for COVID-19. For additional information, please visit [CDC.gov](https://www.cdc.gov).

### **Symptoms**

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases. The following symptoms may appear **2-14 days after exposure**.

- Fever
- Cough
- Shortness of breath

### **How it is spread**

COVID-19 is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

### **Can someone spread the virus without being sick?**

- People are thought to be most contagious when they are most symptomatic (the sickest).
- Some spread might be possible before people show symptoms; there have been reports of this occurring with this new coronavirus, but this is not thought to be the main way the virus spreads.

### **Treatment & Prevention**

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always

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recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.
  - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
  - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for healthcare workers and people who are taking care of someone in close settings (at home or in a health care facility).
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
  - 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.

Ascent Respiratory Care understands the care and supplies you receive from us are an essential part of your health and well-being, and we are committed to ensuring you have the resources you need. Therefore, our staff is adhering to the above CDC recommendations as well as our internal processes and procedures.

Should you have any questions regarding the services or supplies we provide to you, please contact us at 303-954-8953 or at [admin@ascentcares.com](mailto:admin@ascentcares.com). Thank you for allowing us to be part of your healthcare team.

Sincerely,

A handwritten signature in black ink that reads "Roxanne Venard" with a long, sweeping horizontal line extending to the right.

Roxanne Venard, RRT  
President  
Ascent Respiratory Care