



HEALTH PRECAUTIONS FOR AUTOIMMUNE ENCEPHALITIS PATIENTS AND THE COVID-19 PANDEMIC

1

Avoid close contact with people who are sick and stay home if you are sick.



6

Avoid touching potentially contaminated objects (mugs, cups, rare or raw meat, unknown pets, sharing the plate with other people, drinking from the same glass or straw.



2

Avoid touching your eyes, nose, and mouth.



7

Stock up on supplies at home if you are at higher risk for complications. If infection rates soar, you will be prepared to avoid public places for shopping.



3

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



8

Monitor changing risks when considering travel including airplane flights, cruises and choosing destinations. Avoid attending large public gatherings such as meetings and sporting events in higher risk areas.



4

Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.



9

Keep your medication prescriptions filled and up to date in case there is any delay in pharmacy deliveries or availability.



5

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.



10

Face masks result in a large reduction of transmission of COVID-19. People who are 60+ years old, at high risk or traveling by air should wear medical masks. The public should wear non-medical masks where there is widespread transmission and adhere to physical distancing especially in crowded environments.

11

Notify your healthcare providers immediately if having fever, cough or shortness of breath.



What are the symptoms of COVID-19?
Patients with COVID-19 have had mild to severe respiratory illness with symptoms of fever, cough, shortness of breath