

## **Our medical practice is well prepared for COVID-19**

We are taking action to protect our patients and our team from exposure to COVID-19 (the coronavirus). Our COVID-19 preparedness activities began in early February and continue to be refined on a daily basis. Please rest assured knowing that we have developed and practiced detailed processes to reduce the risk of spreading the virus if individuals with COVID-19 symptoms present at any of our locations.

It is very important for residents in our communities to know what to do if they think they are experiencing COVID-19 symptoms, which include persistent coughing, fever, and shortness of breath.

### **If you are experiencing COVID-19 symptoms, steps include:**

- Limit your interactions with others as much as possible. For example, don't go into work if you're not feeling well. Practice good hand washing.
- Stay home if you're sick.
- If you are sick, postpone non-emergent surgery.
- Call ahead before going to your doctor's office, urgent care, or the hospital, if possible.
- Follow your primary care doctor's instructions.
- Remaining vigilant is the best way to avoid contracting this new coronavirus. The best precautions to take to reduce the risk of getting sick include frequent hand washing for at least 20 seconds with soap and warm water, and refraining from touching your eyes, nose and mouth.

Visit the CDC Website for more information: [www.cdc.gov/coronavirus/2019-ncov/index.html](http://www.cdc.gov/coronavirus/2019-ncov/index.html)

**If you have traveled to China, South Korea, Iran, or Italy in the past two weeks, or have been in close contact with someone who has, or if you have been in close contact with someone who has the coronavirus, please call our office to reschedule your appointment; you will not be charged a missed visit fee.**

Employees who have traveled to these countries or who live with people who have traveled to these countries, or who have been in close contact with someone who has the coronavirus, may not come into the office for two weeks from exposure. After two weeks the employee may come to the office if they do not have any symptoms.