

## Information for our valued patients about COVID-19 (coronavirus)

### Precautions

Due to the recent concern over the novel coronavirus/COVID-19, and in order to protect other patients and our staff, we ask that any patient who has traveled to or has been in close contact with anyone in an area affected by the coronavirus to please call our office before coming to your appointment. Also, if you have symptoms such as fever, cough, sore throat, please contact the office to reschedule any upcoming appointments. Also, rest assured that our office is, as always, committed to your safety and practicing the best possible sterilization and disinfection protocols.

### Symptoms

COVID-19 symptoms are similar to the cold or flu and may take up to 14 days to appear after exposure to the virus. Be vigilant and be aware of any symptoms.

Mild symptoms may include:

- Fever
- Headache
- Runny Nose & Sneezing
- Cough & Sore Throat
- Difficulty Breathing
- Muscle Pain & Weakness
- Chills & Fatigue
- Impaired Liver & Kidney Function

### Prevention

- The World Health Organization (WHO) advises the following prevention methods:
- **Wash Hands Frequently**  
Use soap and water for visibly dirty hands or an alcohol-based hand rub frequently for non-visibly dirty hands.
- **Practice Respiratory Hygiene**  
When coughing and sneezing, cover mouth and nose with flexed elbow or tissue – discard tissue immediately into a closed bin and clean your hands with alcohol-based hand rub or soap and water.
- **Avoid Touching Eyes, Nose & Mouth**  
Hands touch many surfaces which can be contaminated with the virus. If you touch your eyes, nose or mouth with your contaminated hands, you can transfer the virus from the surface to yourself.
- **Seek Medical Care Early**  
If you have fever, cough and difficulty breathing, seek medical care early and tell your health care provider if you have traveled to an affected area.
- **Mild Symptoms**  
If you have mild respiratory symptoms and no travel history, still seek medical care and be sure to carefully practice basic respiratory and hand hygiene and stay home until you are recovered, if possible.

For the most up-to-date information on the virus, treatments, FAQs, news and more, please visit the following official health organizations:

Centers for Disease Control & Prevention (CDC) [www.CDC.gov](http://www.CDC.gov)

World Health Organization (WHO) [www.WHO.int](http://www.WHO.int)

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