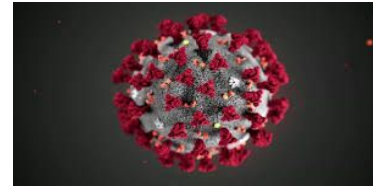


## Concerned about Coronavirus?



**Guirguis Obstetrics and Gynecology** would like to update you regarding the recent coronavirus (COVID-19) situation we all face. Please know that your safety is our **top-priority**.

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. The virus is believed to spread through person-to-person transmission when an infected individual who is in close contact with another (within about 6 feet), produces respiratory droplets by coughing or sneezing. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

### **Take steps to protect yourself:**

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.

You can be assured that **at all times we have practiced universal precautions** based on CDC guidelines. This includes (but is not limited to) :

- Wiping down and disinfecting common areas, exam rooms, medical equipment and frequently shared items.
- Canceling group healthcare activities

Please **notify us if you are sick prior to your arrival** and we will reschedule your appointment. Please **limit (or avoid)** bringing visitors/children with you to appointments.

We are currently exploring non-traditional alternatives to face-to-face visits and triages. We appreciate your patience with us as we explore the implementations of these systems.

\*\*For the most up-to-date information - please visit the **Center for Disease**

**Control** website at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.\*\*\*\*

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