



March 23, 2020

To our valued patients,

We want to personally reach out to assure you that your health and well-being is the top priority of our office, during this time of uncertainty amid the concerns of the novel coronavirus (COVID-19).

We are actively monitoring the evolving situation through the Centers for Disease Control and Prevention (CDC), the World Health Organization (WHO), and state and local public health officials, to be proactive and stay ahead of potential risks.

Taking precautions, preventative measures, and promoting awareness are steps that we can take as a community together. We want you to feel comfortable visiting our office, which is why we are sharing with you some important preventative steps we are requiring:

- Adhering to CDC disinfection guidelines to reduce risk of infection including disinfection of public surfaces and training all staff on additional hygiene practices
- Insisting patients with flu-like symptoms to be fully recovered before coming into our office or scheduling appointments
- Requesting patients who have traveled by air or on a cruise, or visited a high-risk area to reschedule appointments until at minimum; two weeks following their return

If you have questions about whether your appointment is urgent, please call the office and we will be happy to discuss this with you.

Currently, we are evaluating our need to cancel annual exams that are already on the schedule. However, if you are over the age of 60, we suggest considering rescheduling your appointment for after April 30th.

We are all in this together. We understand your concerns and want to assure all of our patients that we are taking the pandemic very seriously and are doing our part to minimize the risk of exposure to patients, staff and doctors, while providing needed medical services to our patients.

Thank you.



**PREMIER**  
WOMEN'S CARE  
OF SOUTHWEST FLORIDA

## **Coronavirus Information 3/3/2020**

### **How the Coronavirus Spreads**

According to the CDC, the coronavirus is thought to spread mainly from person-to-person contact. The following scenarios would apply:

- Between an infected and non-infected person who are in close contact with one another (within approximately six feet).
- Via respiratory droplets produced when an infected person coughs or sneezes.
- When droplets land in the mouths or noses of people who are nearby or possibly inhaled into the lungs.
- Potentially by touching a surface or object that has the virus on it and then touching the mouth, nose, or possibly eyes (this is not thought to be the main way the virus spreads).

### **Symptoms**

- **fever, cough and/or shortness of breath.**

### **Steps for Prevention**

- Wash hands with soap and water for at least 20 seconds (sing the "Happy Birthday" song TWICE), especially after going to the bathroom, before eating, and after blowing your nose, coughing or sneezing. If soap and water are not easily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- If you have not already had a flu shot, consider getting one and take flu antivirals, if prescribed. You can obtain a flu shot from our office or local pharmacy.
- When you cough or sneeze, cover your mouth and nose with a tissue and throw the used tissue in a lined trash can. Do not keep the used tissue.
- Avoid close contact with people who are sick and avoid touching your eyes, nose and mouth.
- Clean and disinfect frequently touched items and surfaces using a regular household cleaner or wipe.
- The CDC does NOT recommend that people who are well wear a facemask for protection against respiratory disease, including the coronavirus. A facemask is intended only to help prevent the spread of disease from those who have symptoms.
- There is little information on any additional adverse effects of the coronavirus on pregnant women. It is advised that a pregnant woman should avoid contact with any potential exposure.
- **If you think you develop a fever of 100.4° or higher that has persisted for more than 48 hours, a fever with a persistent cough, or a fever with difficulty breathing and think you have been exposed to COVID-19 then please go to the nearest emergency room.**