



## **INFORMATION ON COVID-19**

### **Advisory about COVID-19 (Novel Coronavirus)**

If you have symptoms like cough, fever or other respiratory problems, or believe you have been exposed to COVID-19, please call us first to discuss your symptoms before going to the office or the emergency department. Most cases of the infection are mild and can be self-treated at home.

Because information is constantly changing, you can find current details and resources at the Centers for Disease Control and Prevention (CDC) and [coronavirus.wa.gov](https://coronavirus.wa.gov), where you can sign up for email alerts to learn when significant information has been posted to the site.

If you are experiencing COVID-19 symptoms, which include fever, cough, sore throat and shortness of breath, a healthcare provider will determine if you need a test.

**IF YOU FEEL SICK**, stay home. Do not go to work. Contact your primary care provider.

**IF YOUR CHILDREN ARE SICK**, keep them at home. Do not send them to school. Contact your medical provider.

**IF SOMEONE IN YOUR HOUSEHOLD HAS TESTED POSITIVE** for the coronavirus, keep the entire household at home. Do not go to work. Do not go to school. Contact your primary care provider.

**IF YOU ARE AN OLDER PERSON**, stay home and away from other people.

**IF YOU ARE A PERSON WITH A SERIOUS UNDERLYING HEALTH CONDITION** that can put you at increased risk (for example, a condition that impairs your lung or heart function or weakens your immune system), stay home and away from other people.

Our office is open Mon-Fri - 8am - 6pm, Sat - 8am-12pm.

***If you need to speak with one of our doctors, please call our office at 425-208-0026, listen to the afterhours voice message, where you will hear our pager number. Page us your number and one of our doctors will call you shortly.***

For more information regarding Coronavirus, please go to [coronavirus.gov](https://coronavirus.gov)

