



THOMAS GAITER FOUNDATION

CORONAVIRUS (COVID 19)

Per CDC's (Centers for Disease Control and Prevention) website <https://www.cdc.gov>, It is critical that we all remain proactive in order to mitigate the current COVID-19 outbreak. While we continue to take care of our patients— as a precaution we are abiding by the latest CDC guidelines.

Unless you are symptomatic, we recommend you continue to attend your regularly scheduled appointment.

As a precautionary measure, we are now pre-screening all patients to identify symptomatic patients prior to medical appointments. Depending on travel history and exposure risks, patients experiencing symptoms related to any viral illness are asked to obtain a 14- day clearance from their primary healthcare provider.

If you have an upcoming appointment, please call ahead and discuss the need to reschedule your appointment if you develop symptoms of a respiratory infection (e.g., cough, sore throat, fever) on the day you are scheduled to be seen. If symptomatic, please schedule an appointment with your primary care provider. You will need a 14-day clearance before visiting our clinic.

Per CDC, the following symptoms may appear 2-14 days after exposure:

- Fever
- Cough
- Sore Throat
- Shortness of Breath/ Difficulty Breathing

Please call your primary care provider if you develop these symptoms and have been in close contact with a person known to have COVID-19.

Per CDC's website, below are some helpful reminders regarding protection.

TAKE STEPS TO PROTECT YOURSELF

1. CLEAN YOUR HANDS OFTEN

- 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.

2. AVOID CLOSE CONTACT

- Avoid close contact with people who are sick
- Put distance between yourself and other people if COVID-19 is spreading in your community.

TAKE STEPS TO PROTECT OTHERS

1. STAY HOME IF YOU ARE SICK

- Stay home if you are sick, except to get medical care.

2. COVER COUGHS AND SNEEZES

- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

3. WEAR A FACEMASK

- You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room.

4. CLEAN AND DISINFECT

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

Thank you for your cooperation in further prevention. We are hopeful this will subside in the near future.