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# HEALTH BULLETIN

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## COVID 19 Coronavirus Update

### We Are Committed to Keeping Our Patients Healthy

As the virus continues to spread across the country, we would like to share information to keep you healthy and safe and to minimize risk of exposure, particularly for those who are the most vulnerable.

### Key Recommended Precautions

Certain people are at higher risk for more serious Coronavirus infections. This includes:

- Adults age 60 and over
- People who have serious chronic medical conditions like:
  - Heart disease
  - Diabetes
  - Lung disease

If you belong to a higher risk group, we suggest you consider the following:

- Stock up on supplies and medications.
- Stay home as much as possible.
- When you go out in public, avoid interactions with others who are sick, limit close contact and wash your hands frequently.
- Limit unnecessary contact with children, who may show few or no symptoms of the infection.
- Take everyday precautions to keep space between yourself and others and avoid crowds as much as possible.
  - Delay routine medical appointments or elective surgical procedures until Coronavirus begins to subside.

- Only utilize the emergency room for true medical emergencies. If possible, contact your physician's office to determine the best course of action for your condition before going.
- If you visit a health facility, we advise keeping a safe distance from other patients with a distance of at least 6 feet.
- Be sure you have plenty of medication refills on hand.
- Seek mail-delivered medications, where possible, to prevent exposure at the pharmacy.
- Engage in regular hand washing and use of gel-based hand disinfectants.
- If you are experiencing symptoms, wear a mask to protect others.
- Use tele-visits when possible and appropriate.

### In Office Visits

During this time, your doctor may need to modify their approach to providing annual wellness visits or other routine visits. This may include use of staggered appointments, weekend appointments, use of tele-visits and other unique approaches to care.

### Prevention is the Best Medicine

Above all, get rest, eat healthy foods to support your immune system, drink plenty of water and get ample rest.

We will continue to monitor the situation and communicate any updates.

**To Your Good Health,  
Sequoia Health**

