

Please be aware that one of our office staff has contracted COVID19.



If you visited the office in the last week and have any of the symptoms of COVID19 or are in anyway concerned please be tested at your earliest convenience.

Visit CVS or Walgreens to book an appointment for a rapid test. As a reminder, the CDC guidelines are below.

Three Important Ways to Slow the Spread

Wear a mask to protect yourself and others and stop the spread of COVID-19.

Stay at least 6 feet (about 2 arm lengths) from others who don't live with you.

Avoid crowds. The more people you are in contact with, the more likely you are to be exposed to COVID-19.

Wear a mask over your nose and mouth
Masks help prevent you from getting or spreading the virus.

You could spread COVID-19 to others even if you do not feel sick.

Everyone should wear a mask in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain

Masks should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

Do NOT use a mask meant for a healthcare worker. Currently, surgical masks and N95 respirators are critical supplies that should be reserved for healthcare workers and other first responders.

Continue to keep about 6 feet between yourself and others. The mask is not a substitute for social distancing.

Stay 6 feet away from others

Inside your home: Avoid close contact with people who are sick.

If possible, maintain 6 feet between the person who is sick and other household members.

Outside your home: Put 6 feet of distance between yourself and people who don't live in your household.

Remember that some people without symptoms may be able to spread virus.

Stay at least 6 feet (about 2 arms' length) from other people.

Keeping distance from others is especially important for people who are at higher risk of getting very sick.

Avoid crowds

Being in crowds like in restaurants, bars, fitness centers, or movie theaters put you at higher risk for COVID-19.

Avoid poorly ventilated spaces

Avoid indoor spaces that do not offer fresh air from the outdoors as much as possible. If indoors, bring in fresh air by opening windows and doors, if possible.

Wash 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.

It's especially important to wash:

Before eating or preparing food

Before touching your face

After using the restroom

After leaving a public place

After blowing your nose, coughing, or sneezing

After handling your mask

After changing a diaper

After caring for someone sick

After touching animals or pets

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.

Cover coughs and sneezes

Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.

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.

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.

Then, use a household disinfectant. Use products from EPA's List N: Disinfectants for Coronavirus (COVID-19) according to manufacturer's labeled directions.

Monitor Your Health Daily

Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.

Especially important if you are running essential errands, going into the office or workplace, and in settings where it may be difficult to keep a physical distance of 6 feet.

Take your temperature if symptoms develop.

Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.

Follow CDC guidance if symptoms develop.

Protect Your Health This Flu Season

It's likely that flu viruses and the virus that causes COVID-19 will both spread this fall and winter. Healthcare systems could be overwhelmed treating both patients with flu and patients with COVID-19.

This means getting a flu vaccine during 2020-2021 is more important than ever.

While getting a flu vaccine will not protect against COVID-19 there are many important benefits, such as:

Flu vaccines have been shown to reduce the risk of flu illness, hospitalization, and death.

Getting a flu vaccine can also save healthcare resources for the care of patients with COVID-19.

For more information, please visit: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>