

CORONAVIRUS UPDATE:

HOPEDALE CARDIOVASCULAR ASSOCIATES LLC

Dear Patients:

As you are all aware, the world is facing a widespread outbreak of a disease known as Covid-19 which is caused by a Coronavirus. We strive to provide you with the safest environment possible. Our physicians and staff would like to update you regarding the extra precautions we are taking and to provide you information that you should know about the disease.

If you have a mild cold or flu-like symptoms, you should stay at home. Most people can treat their symptoms at home with rest and use of acetaminophen, ibuprofen and cough medication for the treatment of fevers, body aches, cough, and congestion. We also encourage you to stay away from others so that they don't get sick too. Please see the CDC guidelines regarding what to do if you're sick. If you feel the need to see a doctor, or you are experiencing severe symptoms, please call your primary care physician's office.

If you think you may have come into contact with someone who has traveled to one of the countries with a widespread outbreak – **China (including Hong Kong and Macau), Iran, South Korea, Italy, and Japan** – or someone from the Biogen Conference that was held in Boston or someone who was diagnosed with Covid-19, and you have respiratory symptoms such as cough or difficulty breathing, please call your primary care physician's office.

If you are experiencing life-threatening conditions like severe shortness of breath, dehydration or other complications, do not hesitate to call 911.

- We encourage everyone to practice excellent hand hygiene—washing frequently throughout the day with soap and water (for at least 20 seconds).

When soap and water is not practical, alcohol-containing hand sanitizer (70% alcohol) is an acceptable substitute.

- Avoid close contact with sick people
- Cough/sneeze into a tissue or your sleeve or elbow to reduce the spread of infection
- Avoid touching your face (eyes, nose, mouth)

The Centers for Disease Control does NOT recommend that people who are well wear a face mask to protect themselves from the flu, Covid-19 or other respiratory illnesses. Face masks should ONLY be used by people who show symptoms of these diseases to help prevent the spread of the disease to others.

Common sense is important: if you feel ill, even mildly ill, limit your exposure to others. Don't go to work sick. Treat your symptoms at home and call your primary care physician with questions. Mild illness in one person could be passed along to another and cause a life-threatening one. If you have previously scheduled follow-up appointment, physical, or tests with and are ill, please reschedule.

We will be moving most previously scheduled and for an unknown period, future office visits to a Telehealth visit. These will take place by phone and/or video visit for those that have that ability.

Lastly, this situation is very fluid and there is still much that we don't know about this disease. Please pay attention to the public health authorities.

Respectfully,

Hopedale Cardiovascular Associates doctors, physician assistants, and staff.