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The family practice that loves you back!

Friday April 3, 2020

Dear Valued Patients,

As the cases of COVID-19/Novel coronavirus in the greater Philadelphia area grow daily, we have temporarily moved to **telemedicine** visits only. A number of factors played a role in this decision, most importantly, the health of our patients. We are also concerned about the health of our staff and their families. Through our telehealth platform, patients can still be evaluated and treated for illnesses and follow up appointments by the physician or nurse practitioner. During your visit, prescriptions can also be sent to your pharmacy.

What do I do if I am sick?

If you are having symptoms including but not limited to fever, cough or shortness of breath, **PLEASE CALL OUR OFFICE** to speak with our staff. They can schedule an appointment and the physician or nurse practitioner will let you know the necessary steps to be taken. Severe illness will be directed to the emergency room.

After hours, follow the voicemail prompts to be connected with the on-call clinician. Be sure to leave a message!

Should I get tested if I am worried?

At this point, most testing is only being performed on people experiencing symptoms. Please call the office to further discuss your symptoms with the physician or nurse practitioner to decide whether a test is necessary.

A simplified self-assessment tool is available here: <https://www.apple.com/covid19/>

Here is a link to help you find a testing site in your area.

https://www.evive.care/?mkt_tok=eyJpIjoiTmpreE9UYzFOall5Tm1KaylsInQiOiJkaXhFUjE5Q2JScStacFFCeXpTcG5vdFk2K1wvMFk3aE0rRjFzSkdOWFpjVlhxeVlvZzRpcjJWUGJXNGtGTTNyb29DY1JrOUhPdZNTNmXhckdkcWlhaytmYlwwTDhINVkxMUK1T1JXRWczamVETGY3elhBeXEzM2FSQzgxZ3hZdjhlIn0%3D

What if you have been in close contact with someone that has tested positive for COVID-19?

Self-isolate and monitor your symptoms. Call the office to schedule a telehealth visit.

Here is more information about what to do if you are sick: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

What can I do to stay safe?

The most important measure all of us can take to reduce the spread of the novel coronavirus is to continue the social/physical distancing measures. Shelter in place as much as possible. If you must leave your home, cover

your mouth & nose and consider implementing a "decontamination regimen" when returning to your home. This may include removing your shoes, washing your clothes, and showering immediately.

Other common-sense precautions can help keep you safe:

- Wash your hands frequently for at least 20 seconds. Alcohol based sanitizers are also effective if they contain at least 60% alcohol.
- Avoid touching your face. This can be hard to do, be mindful.
- Do not cough/sneeze into your hands – use a tissue or elbow, if necessary. Then perform hand hygiene. The virus can live on cloth surfaces up to 9 days.
- Frequently clean and disinfect high touch surfaces like doorknobs, light switches, phones, sink faucets, and toys

The following are nutritional supplements that I have included in my own preventive care regimen. The evidence is weak that any of these things might help, but they are unlikely to be harmful:

- Zinc
- Vitamin C
- Vitamin D
- Quercetin
- N-acetylcysteine (NAC)

You can purchase these through our supplement supplier at www.purecapspro.com/fountainmed

Additional information

- Philadelphia Department of Public Health Health Information Portal: <https://hip.phila.gov/>
- CDC COVID-19 Information site: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- What is social distancing and how can it help? https://en.wikipedia.org/wiki/Social_distancing
- You can find simple instructions for a homemade mask here. Consider adding a layer of felt or other filtering material. <https://youtu.be/xN0HH2Zb2hY>

We hope that this information has been helpful. Some of the recommendations may change as the situation evolves. Follow us on our Facebook page <https://www.facebook.com/fountainmed/>.

Please reach out if you have any additional questions or concerns.

Peace & health!



Dr. Shabazz, NP Valeria & The Staff at Fountain Medical Associates