



**EAST CASCADE
WOMEN'S GROUP**

Dear Patient,

We are sure you are concerned about the evolving COVID-19/Corona virus outbreak. We want to update you on the steps that East Cascade Women's Group is taking to protect our patients and to help to stop the spread of this disease. Please know that your health and safety is our paramount concern.

EFFECTIVE IMMEDIATELY, WE ARE LIMITING CLINIC ACCESS TO PATIENTS ONLY.

We realize this will be difficult for patients with small children. This is a necessary step, to safeguard patients and staff. As individuals are contagious before they show symptoms, minimizing exposure is critical to decreasing the risk of transmission. If you need a caregiver or support person during your visit, please contact us. For partners of our pregnant patients, we will work with you over skype/facetime or phone consultations to include you in care decisions.

DO NOT COME TO CLINIC IF YOU ARE ILL, HAVE A FEVER, COUGH OR SHORTNESS OF BREATH OR HAVE BEEN EXPOSED TO PERSON WITH CONFIRMED COVID-19.

If you are scheduled for an appointment and have a fever, cough or shortness of breath or if you have had contact with a person with a confirmed or suspected case of COVID-19 please contact the office by phone. We will work with you to establish the best course of action. Some issues, like medication refills, we will try to handle over the phone or by telemedicine. Other non-urgent issues can be rescheduled as appropriate. **DO NOT COME TO CLINIC IF YOU THINK YOU ARE ILL (HAVE A FEVER, COUGH OR SHORTNESS OF BREATH) OR HAVE BEEN EXPOSED TO A PERSON WITH CONFIRMED COVID-19.**

To minimize risk of transmission, we are instituting symptom screening for all patients entering the clinic and requiring hand sanitation. Rooms, equipment and surfaces are being cleaned after each visit. We are cleaning the waiting room regularly and advise safe distancing, staying 3 feet away from others while waiting. We will make every effort to room patients immediately and may ask you to wait in your car.

Here are some actions you can take to protect yourself:

1. Wash your hands frequently, and before and after eating. Use soap and water if available, wash for 20 seconds. Alternatively use hand sanitizers.
2. Avoid touching your eyes, nose and mouth. Cough or sneeze into a bent elbow.
3. Avoid contact with individuals who appear sick or have symptoms.
4. Contact your primary care provider if you feel ill, with a fever, cough or shortness of breath or have confirmed exposure. They will be able to advise you regarding self-quarantine.

Here are some sites that will provide you the latest information about COVID-19:

DESCHUTES COUNTY HEALTH DEPARTMENT

<https://www.deschutes.org/health/page/hot-topics-covid-19-novel-coronavirus>

OREGON HEALTH AUTHORITY

<https://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/DISEASESAZ/Pages/emerging-respiratory-infections.aspx>

ST CHARLES HOSPITAL SYSTEM

<https://www.stcharleshealthcare.org/news/coronavirus-101-prepare-dont-panic>

CENTERS FOR DISEASE CONTROL

<https://www.cdc.gov/coronavirus/2019-ncov>

WORLD HEALTH ORGANIZATION

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

WEB MD Do's and Don't's

<https://www.webmd.com/lung/news/20200228/preparing-for-coronavirus-dos-and-donts>

Please know your health is our primary concern. Please call us for any questions or concerns. Working together we can minimize the risks to us all.

Sincerely,

The Physicians and Staff of East Cascade Women's Group.