

How do you get coronavirus?

Coronavirus is spread between people who are within about 6 feet of each other. The virus is spread mainly through the droplets that leave an infected person's body when coughing or sneezing. Others get exposed to the virus when they come in contact with the infected droplets via the mouth, nose, or eyes.

What can I do to avoid getting coronavirus?

- /// Clean frequently touched surfaces with disinfectant cleaners. Surfaces include tables, doorknobs, light switches, handles, desks, toilets, faucets, and sinks.
- /// Wash your hands often, for at least 20 seconds, using soap and warm water or alcohol-based hand sanitizer.
- /// Avoid touching your mouth, nose, or eyes—especially when your hands are not clean.

What should I do if I feel sick with a respiratory illness?

Talk to your care team if you are feeling sick. If you are running a fever, you may be contagious. For a fever over 100.4° F, signs of a fever, or shortness of breath, call your physician.

Our first priority is to ensure your safety and well-being. As you enter our office, our staff member will provide you with a face mask that you'll be required to wear at all times while in the office.

The coronavirus situation is changing quickly, and we will continue to provide updated information as it becomes available.



Remember to wash your hands...

- /// After blowing your nose, coughing, or sneezing. Be sure to cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- /// After using the restroom.
- /// Before eating or preparing food.
- /// After contact with animals or pets.
- /// Before and after providing care for another person who needs assistance, such as a child.