

[Subscribe](#)

[Past Issues](#)

[Translate ▼](#)

[RSS](#)

[View this email in your browser](#)



GREEN MOUNTAIN

PARTNERS FOR HEALTH

COVID19 Update:
03/16/2020

Updated Information

When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

How?

Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.

Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

Rinse hands well under clean, running water.

Dry hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

LIFE IS BETTER WITH
CLEAN HANDS

www.cdc.gov/handwashing

COVID CORONA VIRUS Testing

On Call Physician-Please DO NOT call the on the call physician with concerns about COVID symptoms and testing unless you are having trouble breathing. Please continue to use the emergency on call physician number for urgent issues when you are not sure you need to go to the ER or urgent care.

ER use- DO NOT go to the Emergency room for COVID testing. Continue to only use emergency rooms for truly emergent issues like trouble breathing, concerns for heart attacks or strokes, and illness or injury that are life, limb or vision threatening.

If your physician believes you need testing we will advise you where to go for testing

[Subscribe](#)[Past Issues](#)[Translate ▼](#)[RSS](#)

Refills- Please continue to CONTACT YOUR PHARMACY for MEDICATION REFILLS. We promise this is the quickest way to get what you need- our doctors have access to this system on nights and weekends as most come through electronically.

Who needs testing

Current guidelines for testing continue to change. Without a FEVER or COUGH it is unlikely you will qualify for testing. If you are under age 60, have no chronic medical conditions like diabetes, lung disease, or have a suppressed immune system from disease or medication, our likely recommendation will be to stay home for 10 days AND until you have had no fevers for 72 hours (without the aid of medication). We are happy to schedule a telehealth appointment to address any concerns and symptoms. Please stay home until you have been assessed.

What we are doing

Our goal is continue to provide high level, personalized medical care to our patients. We know when you are sick you want a doctor you know and trust to see you. We will continue to make every attempt to see all patients within 24 hours, and the same day they call whenever possible. Please remember, most people who get COVID Coronavirus will NOT get very sick, some won't even know they have it! The people who really need treatment for COVID will have severe respiratory symptoms- that is trouble breathing. The older you are the more at risk you are, with children having almost risk of serious complications.

We will continue our robust use of telehealth. All patients with cough, respiratory symptoms or fever will be first evaluated by telehealth. Congress has passed legislation so that even Medicare patients can use telehealth while we are in a state of emergency.

After the telehealth appoint we will tell you if you can safely stay home and for how long, when you need to seek our care again or when you need emergency care, if you should come to the office, or if you need COVID19 Coronavirus or flu testing or if

car for isolation. Our goal is to keep our patients safely out of the ER and urgent cares to minimize exposure to COVID Coronavirus for the community and our patients.

We also recommend telehealth for ALL appointments that do not require a physical exam. Our staff will suggest this when you schedule. For patients who have already scheduled you will get a call suggesting we switch your encounter to telehealth shortly if its appropriate. If you have routine visits like physicals and wellness visits that need to be done in person it may be reasonable to post-pone those for the next month.

Telehealth is easy to use and almost always covered by insurance the same way a regular visit is (same co-pay or deductible).

What you can do

The spread of this virus will likely continue for months. All of us have the job right now to help slow down the spread so hospitals can have enough room for the sickest patients, we can have time to find the best treatment, and even work towards vaccines.

-Please do not bring anyone extra to appointments with you. This includes children. We are happy to use telehealth so you can stay with your children at home. If you need a ride, ask your ride to wait in the car.

-Wash your hands. With soap and water. For longer than you think- consider trying to sing the whole ABCs before being done.

-Limit being out and about –regardless of age or illness- especially areas with more than 100 people. Choose outdoor activities like a walk or bike ride, try a new recipe at home, learn meditation or clean out that junk drawer! If given the option to work from home- do it.

-If you are sick, stay home! We are happy to provide a form note for work or school.

-Check out the CDC recommendations here

[Subscribe](#)

[Past Issues](#)

[Translate ▼](#)

[RSS](#)

to sing the whole ABCs before being done.

The CDC is the best resource for information: <https://www.cdc.gov>

Copyright © 2020 Green Mountain Partners for Health, All rights reserved.

Want to change how you receive these emails?
You can update your preferences or unsubscribe from this list.

