

Dear Patients and Families,

We know Covid-19 (Coronavirus) has caused a lot of anxiety regarding your health and care. We want to make sure that you are getting accurate information and have all the latest updates. UFPA is committed to making sure we are doing all we can to provide the best care possible.

There are currently no confirmed cases of Covid-19 in Uvalde. If this changes we will update not only patients but our procedures. However, at this time, with all the information we currently have UFPA is implementing and encouraging the following:

1. If you are sick and in need of medical care, we are your medical providers, and we are here for you.
2. If you have been in an area of known higher incidences of Covid-19, and have no symptoms, do not seek testing or medical care. It is not necessary.
3. If you have been in an area of known high incidences of Covid-19, and have mild respiratory symptoms, please call our office and we will instruct you from there.
4. If you have moderate to severe symptoms AND have been in close contact (they coughed on you or were within 6 feet for a prolonged time) with someone that has Covid-19, please call our office and alert them to your situation. We will instruct you from there.
5. If you have any symptoms at the time of your appointment, please alert our staff immediately upon checking in and they will instruct you from there.
6. If you currently have an appointment scheduled for a well check, physical, or follow up and do not have an immediate need to be seen you are welcome to reschedule your appointment in order to limit exposure. Please contact our office and we will be happy to reschedule you to an appointment in a few weeks when the risk of exposure is not so high.
7. If you need lab testing done and do not have an appointment you will need to call the office. If you need lab testing done and do have an appointment, please wait until your scheduled appointment to have your labs drawn.

While the information we receive is changing every day, and our responses and plans are constantly being updated. We will keep you informed and continue to update our practices to keep both patients and employees healthy!

Please know that we are all working hard to make sure all of our patients have the best information and care, which can lead to longer wait times for appointments



and hold times for phone calls, so please be patient with us and kind to those around you.

COVID-19 is a respiratory illness.

SYMPTOMS

Symptoms include:

1. Fever
2. Dry Cough
3. Fatigue

A minority of people will develop more advanced symptoms such as shortness of breath.

Please note it can take up to fourteen days for symptoms to show after exposure (the incubation period).

Emergency Warning Signs that require immediate medical attention:

1. Difficulty breathing or shortness of breath.
2. Persistent pain or pressure in the chest.
3. New confusion or inability to awaken.
4. Bluish lips or face.

If you are exhibiting symptoms, there is no need to go to the ER unless you have emergency warning signs. Please contact our office via phone if you have symptoms and we will instruct you on next actions.

TESTING

We will not and cannot test anyone and everyone for Covid-19. The CDC recommendation is that only high-risk patients with fever, dry cough, fatigue, shortness of breath, and travel from the pre-determined high risk areas or expose to a positive Covid-19 patient.

If you have symptoms but do not meet these other criteria our office can still provide treatment.

If you do not have symptoms, we cannot, at this time, provide testing to rule out Covid-19.

HOW CAN I PROTECT MYSELF AND MY FAMILY

1. Stay at home if you're sick. Avoid contact with those over 60 and/or with additional serious chronic conditions.
2. Avoid close (within 6 feet for a prolonged time) contact with people who are sick.
3. Avoid touching your eyes, nose and mouth.
4. Wash your hands often. Use soap and water for at least 20 seconds.
5. Use an alcohol based hand sanitizer if soap and water are not available. Look for one that contains 60% alcohol.
6. Use tissues to cover your nose and mouth. Dispose of used tissues immediately. If not tissue is available utilize the upper sleeve of your shirt.

7. Avoid large crowds.
8. Avoid handshakes, hugs, and kisses.
9. Avoid non-essential travel.

SOCIAL DISTANCING

A lot of people have been talking about social distancing. Social distancing means staying away from many people, this helps prevent opportunities for the virus to move from one person to another. To practice social distancing:

1. Stay at home as much as possible.
2. Avoid large gatherings in public places
3. Get exercise outside instead of in an enclosed space with a group of people.
4. Take advantage of Grocery delivery or curbside.
5. Avoid handshakes, hugs, and kisses.
6. Be especially vigilant around those over 60 and those who have additional serious chronic conditions.