

[View in browser](#)

Please read below for an important message from your doctors.

We have received many questions regarding whether or not to self-quarantine, whether or not to travel and what to do after traveling. Below are our current recommendations.

Hard Quarantine for 14 days if:

- You have had direct contact with someone with known COVID-19 – meaning you were less than 6 feet from them for longer than 15 minutes
- You have symptoms (fever, cough, respiratory difficulty) and had possible exposure to someone known to have COVID-19

Guidelines for Hard Quarantine:

- Stay home for 14 days
- Stay in one room of your house
- Use a separate bathroom – do not share towels, toiletries, et cetera
- Clean all surfaces daily with a disinfectant
- Use careful handwashing/hygiene
- Stay at least 6 feet away from others – no physical contact with others
- Wear a mask if you have to be in the same room with others
- Do not share food or drink

Soft Quarantine for 14 days if:

- You have any symptoms of a cold or flu
- You have traveled to any high-risk areas such as:
 - China, South Korea, Iran, Italy, Europe (including the UK), Hong Kong, Singapore, and Japan
 - In the US: Seattle, Los Angeles, San Francisco, Washington DC, Boston, Portland, and New York City
 - New hot spots are emerging in the US, so please reference this [map](#) for the latest information

Guidelines for Soft Quarantine:

- Stay home for 14 days
- Monitor your temperature
- Avoid contact with immunocompromised people
- Use careful handwashing/hygiene
- Do not share food or drink
- Stay at least 6 feet away from others
- Sleep in a room separate from others

Traveling

- Don't travel if you're over the age of 60
- Don't travel if you have a chronic health condition such as: diabetes, asthma, heart or lung problems, suppressed immune system, or smoke

For all others:

- Avoid all unnecessary air travel
- If you have to travel, avoid airports and cities with higher infection rates such as Boston, LA, San Francisco, New York and Seattle
- Practice social distancing - avoid gatherings of more than 10 people
- Avoid hospitals and urgent cares
- Careful handwashing!

Please know we are doing everything we can in the office to help minimize risk to our patients. Be aware we will be pre-screening patients before appointments to help decrease exposure as well. Thank you for your cooperation with all of this! We wish you the best of health.

To learn why you received this and how to remove yourself from the list, see [Privacy Policy](#)
[Review / edit information about you](#) | [Unsubscribe](#)

Generated by  [Learn more](#)