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Please read below for an important message from your doctors.

If you have a febrile illness and think you have COVID-19, please **call** the office, or if in severe respiratory distress, call 911 or go to the ER. **Do not enter the ER or our office, as precautions will need to be taken to keep you from exposing others.** When you arrive, please call from your car to allow us to help you.

To minimize exposure, we ask if you are not the patient please do not accompany your family member or loved one to the office. If you have concerns regarding a family member or loved one, we will be more than happy to call and speak to you about it.

St. Louis has its first case of COVID-19 and the virus is spreading throughout the country. It now affects 33 states and over 500 people. Testing has just begun as test kits have not been widely available. Current guidelines limit testing to those with a known exposure or severe pneumonia. Expect the number of infections to increase rapidly as people begin to be screened for the illness. Given the rapid spread the CDC has issued new guidelines to mitigate the risk of infection.

Avoid cruise ships.

Avoid travel to Seattle and Northern California.

Avoid international travel, particularly if you are over age 60, have diabetes, heart disease, lung disease, or a suppressed immune system.

Practice "social distancing." Reconsider being in crowded places with large numbers of people like concerts, plays, movies, sporting events, and religious services. Avoid coming closer than 3-5 feet to others, don't shake hands, hug or kiss or share food. This can reduce your risk of acquiring the infection markedly.

If you have a cough and fever, stay home. Avoid going out in public and stay 3-6 feet away from others. Wear a mask when in close quarters with others.

If you have a known exposure to a patient with probable COVID-19, quarantine yourself for 14 days or until the person is known not to have the disease. This means, do not leave home, stay isolated in a room by yourself and use a bathroom not used by others. Avoid physical contact with others, including pets. Do not share food or drink with others (meaning don't use the same cup, plate, utensils). Cover your mouth and nose with a tissue when coughing and throw it immediately into a lined trash can. Wash your hands for 20 seconds with soap afterwards. Wash your hands whenever you touch your face. All surfaces that you touch, including doorknobs, cabinets, countertops will need to be cleaned with anti-microbial cleansers. Please read [this article](#) from the New York Times for further details.

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