

For the safety of our patients and our staff at Karu Medical Associates we are working to mitigate the threat of COVID-19 (Coronavirus).

Please follow the local and national news for the latest information on COVID-19 or go to [CDC.gov](https://www.cdc.gov).

When you arrive at our office please observe our hand washing precaution by washing your hands well with soap and warm water for 20 seconds. We all have heard about singing "Happy Birthday" twice; you can use this tip to help time out the 20 seconds necessary for proper hand hygiene.

Remember to cover your cough and sneezes and avoid touching your face.

It is also a good idea to avoid close personal contact with others by staying at least six feet away from other individuals and to avoid large gatherings of people.

Elderly individuals, people with chronic diseases and are immune compromised are at highest risk for the coronavirus. Recommendations are to try to remain at home.

Fever is the main symptoms of the virus, along with cough **AND** shortness of breath. Most people can recover with out incident. However, if you develop fever **AND** shortness of breath, we recommend going to the Emergency Department. Testing for COVID-19 is limited at this time and only performed in the Emergency Departments.

We recommend calling before going to the Emergency Department so they can prepare for your visit and wear a mask.

Emergency Department Phone Numbers:

Ascension St. Mary's Main Campus: 907-8200

Ascension St. Mary's Towne Centre Campus: 497-3200

Covenant Healthcare: 583-6521

Fever, with a sore throat, is most likely not related to COVID-19 and should improve on its own. Stay hydrated, use the over-the-counter fever medications that have been recommended for you, stay home if you are sick and contact our office for additional information.

If you have any questions, please feel free to reach out to the office by Follow My Health or calling our office.

We ask for your cooperation in this ever-changing public health threat. We are following the recommendations of the Center for Disease Control and other public health agencies for updates concerning this public health threat.

As always, to your good health,

Karu Medical Associates