

Cherished patients and community members,

We are going into lockdown because unfortunately, we have had a very rapid increase in the number of COVID cases. Our clinic will continue to provide acute and emergency services. Less urgent matters such as physicals or visits for smoking cessation will have to be delayed until the coronavirus situation improves.

Please follow guidance as it may save a life, or many lives.

Despite the lockdown, we will continue to see positive coronavirus tests the next two weeks because of the incubation period (time from transmission to infection) of the virus. It is our hope that after this period of time, the transmission rate of COVID goes down. In order for this to happen, we need to adhere to social distancing carefully **both now and after things improve.**

Things you can do for our community:

- Please stay home!!! Limit your outings to essential activities. This means – only leave your home if you absolutely have to. There are many virtual opportunities for business to continue, at this time, we recommend using virtual means if you are able to do so.
- Do not visit friends or relatives.
- We are entering the time of the year when people normally have parties and gatherings of family and friends. Please avoid such gatherings as COVID-19 can easily be spread this way.
- Avoid gatherings with people who are outside of your household. Keeping your social circle small limits that numbers of people who can transmit the virus to each other.
- Please avoid unnecessary travel. Travelling can spread the virus to and from other communities.
- Wear a mask or facial covering any time you are in an indoor public place. It is also wise to wear masks if you are participating in outdoor activities where you may encounter other people.
- Right now, there is no such thing as “just a cold.” Anyone with a runny nose, sore throat, fever, cough, or muscle aches has Covid until proven otherwise by a test. Even for mild symptoms.
- Similarly, do not assume a new runny nose or other mild symptoms are from allergies. It is COVID until proven otherwise.
- If you get tested for COVID-19, don’t wait for the results of the test. Assume you have it until and unless it come back negative.
- Be sure to stay home when you are sick, experiencing symptoms that could be from COVID-19, or if you have been identified as a close contact to someone who has tested positive or been diagnosed with COVID-19.
- If you are working, follow every safety plan to the letter. These plans apply to break rooms and sitting together outside. For example, do not take your mask off in a break room or any room with others.
- If you are outside with someone, you still need to keep six feet away from them.
- Do not go in stores where others are not wearing masks. Your mask only works if others are also wearing them.
- Do not go to work sick. This has happened many times recently and it results in many co-workers sent home to quarantine and may be infected.
- Do not ride in cars with people who are not your immediate family, or any family member who is ill.

Sincerely,

Michael S Lundin MD