Dear valued patient:

We hope this note finds you well.

It’s hard to imagine how quickly our world has changed with the recent COVID-19 outbreak. We’re writing today to make sure you have all the information you need to make the best decisions you can to manage your health.

It is becoming clearer that those patients older than 65, and especially those with heart conditions, lung conditions or diabetes are at highest risk for complications from infection. The Surgeon General has described “social isolation” as one way to limit your risk. In addition, “home quarantine” is being recommended for stable patients diagnosed with COVID-19.

“Social isolation” is one way of decreasing your risk of infection. In simple terms, it means to control the people you come in contact with. Enjoy your family and friends, but if they are ill, they should avoid you. Large crowds should be avoided. Strangers who are ill may not understand the risk they pose to you. Spend time enjoying things in the comfort of your own home—movies on Netflix, or watching sports on TV. This is not forever, but a good practice until we understand more about this virus.

“Home quarantine” is recommended for people that have tested positive or have had close contact with a person who is positive. Home quarantine is not a recommendation made lightly. If you are advised to home quarantine, this is very serious and should be strictly followed. It means you are a risk to others, for at least 14 days, maybe longer. We will update the time necessary as it becomes available. To quarantine at home means to eliminate any close contact with others. You are confined to home, not leaving your home for anything other than a medical emergency. No church, no school, no shopping…no nothing! You should be prepared for this rare situation. Make sure you have the supplies you need, including any critical medications. If you are concerned that you may not have ample supplies of your medications, please contact our staff for assistance as soon as possible.

These are really difficult times and neither of the above recommendations are made lightly. Many of you have lived through challenging times‑—wars, recessions, and natural disasters. Those that are prepared and stay calm always do the best.

As this situation continues to evolve, we are convinced that keeping you informed and being available for your quesions and concerns is the best way to keep you healthy, which is why I want you to know that we are here for you 24 hours a day, 7 days a week. Our doctors and staff are here to take care of you. Please reach out with any questions you have. Keeping you informed and healthy is our top priority.

Regards,

Signature

Name

Title