

Covid 19 Policy

We understand that our patients are concerned about the new Coronavirus. We are actively tracking the disease. We anticipate at this point that there will be cases in the DC area in the near future. As an outpatient practice, we do not have the test kits to test for the virus and do not anticipate receiving them in the future. If you fever, cough, and shortness of breath (defined here as shortness Of breath with minimal activity that is not your baseline level of function) and you feel you are sick enough to require in person care we recommend you proceed to your local ER. For management of fever and respiratory symptoms including cough please refer to "cold symptom care guide" on our website. This policy is in place to keep all our patients as well as our staff safe. Patients with shortness of breath should not be seen in our office during this outbreak. They are best served in an emergency room.

If you have fever or cough for less than a week, we can provide influenza testing. The medication to specifically treat flu is only useful within a week of symptom onset and that is the basis for this recommendation. If you have fever or cough for one to two weeks, we recommend you follow our online recommendations for symptom control. If you have been ill for over two weeks, we can arrange for an appointment to evaluate you for a bacterial infection.

We ask that you work with us to help keep other patients and our staff healthy. If you call for a "sick visit" and you have fever, cough, or shortness of breath please tell our staff this when you schedule. **THIS DOES NOT APPLY TO PATIENTS WITH KNOWN ALLERGIES OR ASTHMA WHO ARE HAVING TYPICAL SYMPTOMS.** We plan to use one specific exam room for "sick visits" during this outbreak and we plan to fast track "sick" patients through the office. If you arrive for your "sick visit" and the exam room is in use, you will be asked to go to the back waiting area until seen.

All patients with fever or cough or shortness of are asked to wear gloves and a mask when entering our office. The mask should cover both your mouth and nose and remain in place the entire time you are in the office, including while you wait to be seen in the exam room.

TO decrease our personal risk of exposure we need to limit the amount of time spent face to face with patients who may have Coronavirus. Being within 6 feet of a patient for an extended time or being coughed ON are means of transmission. Coronavirus can live on surfaces for days.

Please do not combine a "sick visit" with a routine follow up visit since we cannot currently accommodate both during the same visit.

Please refer to posted specific information on our website "Cold Symptom Care Guide" about over the counter medications that can be taken for various symptoms related to colds and other respiratory infections. Send your physician a portal message if you have a respiratory illness and think you would benefit from a prescription medication. During this outbreak we will do our best to facilitate getting you medications you need for your illness without seeing you in the office.