

# Coronavirus Disease (COVID-19) Update

## IMPORTANT NOTE TO OUR CLIENTS & PATIENTS:

### If you have recently:

- Traveled internationally
- Have had close contact with anyone that has a confirmed diagnosis of Coronavirus; OR
- Have a fever, cough, or shortness of breath,

please contact your primary care physician or medical professional immediately for further guidance. If you do not have a primary care doctor, call NYS Department of Health 24/7 Hotline for instruction: 1-888-364-3065. **In an emergency, please call 911 immediately.**

## Center for Disease Control (CDC) recommendations to prevent the spread of germs:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth.
- Cover your cough and sneeze with a tissue.
- Clean and disinfect frequently touched objects or surfaces with disinfectant.
- Wash your hands often with soap and water for **at least 20 seconds**, especially after going to the bathroom, before eating, and after blowing your nose, coughing or sneezing. If soap and water are not available, use hand sanitizer.