

# *A message from our Practice Leaders*



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## **To avoid contracting Coronavirus:**

Stay at home and regularly wash your hands with soap and hot water for at least 20 seconds and stay at least 6 feet away from anyone who is sick.

### **Coronavirus Update for Patients**

Be assured, most people who get infected will improve without need for medical care.

### **Mild symptoms like cough and fever:**

You will likely get better at home without need for medical care.

### **Shortness of breath, or other symptoms:**

Call your doctor to discuss appropriate medical care, and where to get it.

### **If you are at high risk of getting very sick:**

**65 and older, or have asthma, heart disease, diabetes, or any other condition which is not controlled.** Call your doctor if you have any symptoms like cough, fever, difficulty breathing, etc.

## **Special NCIAP Clinic Instructions**

**Existing NCIAP clinic patients:** for medication refills, call the office for a refill and avoid coming to the clinic and reduce the chance of you catching the virus from a sick person.

**If you are sick and have cough, fever, other respiratory symptoms:** call the office before you come in as we are not able to see walk-in patients at this time.

**We do not have Coronavirus test available at this clinic:** we are currently referring any patient who may have Coronavirus to Wake county Health department at 10 Sunnybrook Raleigh (919-250-3947).



### **Links for useful information:**

Visit [ncdhhs.gov/coronavirus](https://ncdhhs.gov/coronavirus) for information from the NC Department of Health and Human Services.

Text COVIDNC to 898-211 to get text updates.

Find out more information on what to do if you are sick at [cdc.gov/coronavirus](https://cdc.gov/coronavirus).