



Important Notice Regarding Coronavirus COVID-19 | 3/18/2020

Patients with Appointments:

In an effort to prevent the spread of coronavirus disease to patients, caregivers, visitors and staff, PROC is implementing the following measures, based on guidance from the US Centers for Disease Control (CDC): If you have an appointment with us soon and are experiencing **one or more** of the following symptoms:

- Fever of 100.4 or higher
- Unexpected cough
- Shortness of breath

AND/OR

- You have traveled to one or more countries that have a Level 3 Travel Health Notice (widespread, ongoing transmission of coronavirus)
[Visit the CDC website to learn more.](#)

Please call us at 907-262-7762 ahead of your appointment to discuss your symptom(s). If you do not have an appointment, please do not come to the center.

Day of Appointment:

When you arrive for your appointment, please call our office to let us know you are here. **Please remain in your car until we call you to come in for your appointment.** If you need assistance to walk into the center, please let us know. Your caregiver should remain in the car during your treatment.

Additional Prevention Measures in our Center:

Along with regular cleaning and disinfection measures, further steps have been taken to protect patients in treatment and our medical staff who work diligently to help patients. PROC strives to ensure patient and staff safety as a top priority throughout the year. Please review the following information regarding general COVID-19 prevention and symptoms. PROC will continue to monitor the ongoing situation and recommendations from the CDC.



Basics and Symptoms:

COVID-19 is a novel strain of coronavirus that seems to spread easily from person to person through respiratory droplets or by contact with an infected surface or object. Symptoms may appear in as few as two days or as long as 14 days following exposure to the virus. The symptoms that are consistent with COVID-19 include fever, cough, and shortness of breath (lower respiratory disease).

Prevention:

The CDC recommends prevention measures that are very similar to prevention measures for the flu.

- **Handwashing:** Wash your hands using soap and water for at least 15-20 seconds; especially after going to the bathroom, before eating, after blowing your nose, coughing or sneezing or providing care for someone with symptoms. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- **Avoid touching your face:** It is very common for an individual to touch their face on a regular basis. It is important to avoid touching your face as this is a common way that viruses enter and leave your body. It is additionally important to avoid the T-zone –eyes, nose, and mouth.
- **Social distancing:** If you are sick, it is important that you stay home, unless seeking medical attention, and follow good prevention etiquette. If you must be out in public, try to avoid those who are sick.
- **Travel guidelines and restrictions:** It is important to avoid travel to areas where an outbreak is occurring. Please check the CDC for travel guidelines.
- **Cleaning:** It is important to clean commonly touched surfaces. Standard disinfecting wipes appear to be sufficient (i.e., Lysol wipes). PROC is committed to this practice throughout out normal daily cleaning protocol.