



March 26, 2020

Dear Patient of Ravenswood Family Health Center,

Due to the Coronavirus Pandemic we are following the CDC and State and local government guidelines to try to minimize the impact that this will have on the health of our community.

If you are concerned about coronavirus exposure or have any new symptoms of fever, cough or difficulty breathing, the medical team at Ravenswood FHC recommends the following:

- A. If you have severe symptoms of cough or difficulty breathing - such as difficulty speaking in full sentences, confusion or blue lips or fingertips –if you think you have an emergency call 911. If not then go to the emergency room right away. Call ahead if you can so they can prepare for you.
- B. If you have to mild to medium symptoms of fever, cough or difficulty breathing, please call the clinic to schedule a phone appointment with a medical provider who will determine if you need further evaluation.

****Please note, not everyone with symptoms or exposure to COVID-19 requires testing****

If your symptoms can be managed at home (meaning you do not need to be hospitalized) please **stay home, do not go to work, and do not go out in public**. You should isolate at home, meaning having a designated “sick room” to protect anyone else in the household from getting sick. Continue home isolation until the following conditions are met:

1. At least 3 days (72 hours) have passed *since recovery* defined as resolution of fever without the use of fever-reducing medications
2. **and** improvement in respiratory symptoms (e.g., cough, shortness of breath);
3. **and**, At least 7 days have passed *since symptoms first appeared*.

Please print this letter if you are a patient of Ravenswood Family Health Center and your employer does not already have a policy for Covid-19 time off and care and requires verification of the recommended plan for home self-isolation while you are sick. For more information, please visit the CDC website at <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

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