

# Peach Springs Health Center Update

March 20, 2020

As we are working toward improving patient care and reducing the potential spread of the CoVid-19 virus, effective immediately the PSHC will be enforcing an entrance checkpoint. This will better streamline all individuals and assist with the process of screening everyone who enters the facility. In addition to this process, all clinic staff will be screened when they arrive at work.

If you need to pick up medications, a staff member will assist you by going to pharmacy in your behalf to pick up medication. Please bring your driver's license with you to provide to the pharmacy to document who picked up the medication. If you need to speak with a pharmacist, one will come to the clinic entrance to consult you.

The clinic remains open during our usual business hours Monday through Friday 8:00 am to 5:00 pm.

As of today there are **NO** confirmed COVID- 19 cases in **Mohave County**. The clinic has tested one patient and the results are pending. This patient has been on home isolation precautions. The patient has been contacted by clinic staff and the patient is improving without any concerns for hospitalization.

If you think you have been exposed to the Coronavirus and develop a fever and symptoms, such as cough or difficulty breathing, call the Peach Springs Health Clinic at **928-769-2900** for medical advice.

Thank you all for your attention to this matter as well as your cooperation as we respond to the current national emergency.

## **How to Protect Yourself**

**Older adults and people who have severe underlying chronic medical conditions** like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness. Please consult with your health care provider about additional steps you may be able to take to protect yourself.

## **Know How it Spreads**

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
  - Between people who are in close contact with one another (within about 6 feet).

- Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

### **Take steps to protect yourself**

#### **Clean your hands often**

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

#### **Avoid close contact**

- **Avoid close contact** with people who are sick
- Put **distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

The above information on "How to protect yourself" is from the CDC:

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>