

Dear Patients,

Health officials worldwide and locally continue to monitor the outbreak of the Coronavirus (COVID-19). In response to the recent Coronavirus outbreak, Urology Associates and Anova Cancer Care are actively taking the necessary steps to prevent the transmission of the disease. We encourage all patients to continually monitor the CDC website as it provides the most current updates regarding the virus at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

### **WHAT YOU SHOULD KNOW:**

- The following symptoms may appear 2-14 days after exposure
  - ❖ Fever
  - ❖ Cough
  - ❖ Sore throat
  - ❖ Shortness of Breath
- Any person who has traveled to a high impact area in the past 14 days and/or have these symptoms should seek appropriate medical care immediately and avoid contact with other people.

### **WHAT YOU SHOULD DO:**

- Prevention is key as with any virus.
- Take general precautions like frequent hand washing for 20 seconds or more to prevent the spread of any virus, including seasonal flu, which is still active across Colorado. Use an alcohol based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, mouth, nose and face with un-washed hands.
- Avoid shaking other people's hands.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. If you use a tissue, promptly throw it in the trash. Wash hands for 20 seconds or more as soon as possible.
- Avoid close contact with others who are sick.
- Routinely clean and disinfect frequently touched objects and surfaces.
- Lastly, **STAY HOME IF YOU ARE SICK.** Our office staff will be happy to assist in rescheduling your appointment for a later date when you are not sick.

### **OTHER REFERENCES:**

Colorado Department of Public Health and Environment

<https://www.colorado.gov/pacific/cdphe/2019-novel-coronavirus>

CDC- Workplace, School and Home Guidance

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/workplace-school-and-home-guidance.pdf>

CDC- People at Higher Risk and Special Populations

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/index.html>