

## **Town Center Orthopaedic Associates is taking precautions related to coronavirus disease (COVID-19)**

For the safety of our patients and staff, Town Center Orthopedics' is taking precautions to identify patients who may have been exposed to or infected with coronavirus disease before they enter our healthcare facilities. At Town Center we are taking the threat seriously, we are diligent on our disinfecting any surfaces having patient contact. We have educated staff members on appropriate response should they be presented with a suspected case of infection. Call your primary care doctor if you develop symptoms, such as fever, cough and shortness of breath, especially if you have recently traveled from an area with widespread or ongoing community spread of COVID-19. We encourage all individuals to practice everyday preventive actions to help prevent the spread of respiratory diseases.

The following preventive measures should be taken to help reduce the spread of COVID-19:

. Stay home if you are sick. Remember that there are many common viruses and the flu is still prevalent in Virginia. **If you are experiencing any symptoms such as fever, cough and shortness of breath, or have traveled out of the country in the past two weeks or have been in close contact with someone who has, please contact our office.**

. Wash your hands with soap and water for at least 20 seconds and help young children do the same. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.

. Avoid touching your eyes, nose, and mouth with unwashed hands.

. Avoid sharing food or drinks with people who are sick.

. Avoid close contact with people who are sick.

. Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

. Cover your cough or sneeze with your elbow or a tissue, then throw the tissue in the trash. If you do not have a tissue, use your sleeve (not your hands).