

March 11, 2020 – 5:00 PM

Cornerstone Family Healthcare Coronavirus Update

Dear Patient,

At Cornerstone Family Healthcare, the health and safety of our patients, staff and community is our number one priority. There are 216 confirmed cases of Coronavirus (COVID-19) in New York as of March 11 at 4:00 p.m., according to the New York State Department of Health.

It is important to understand what measures are in place to protect our staff, patients and community.

Cornerstone Family Healthcare has response plans in place in the event of a public health emergency, and we continue to update them based on the recommendations from the Centers for Disease Control and Prevention (CDC), as well as our local and state health departments.

WHAT IS CORONAVIRUS?

The virus is thought to spread mainly from prolonged person-to-person exposure between people who are in close contact with one another, within about 6 feet, and through respiratory droplets from an infected person coughing or sneezing.

Symptoms of coronavirus include fever, cough, difficulty breathing, and a history of travel to an effected area.

If you think you've been exposed to Coronavirus and are experiencing these symptoms, please CALL FIRST before coming to the office or Urgent Care and we will determine the correct and safest course of action for you – 845.563.8000

The overall risk of serious illness from COVID-19 is low. Most patients who are infected will experience mild upper respiratory symptoms including fever and cough. 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. Children who have been infected seem to experience mild upper respiratory illness or no illness at all.

TESTING

At this time no physician offices have the ability to test for COVID-19. The test can currently only be done by the New York State Department of Health (DOH) and the Centers for Disease Control (CDC), however we anticipate being able to send out testing as early as next week for patients that are at high-risk for contracting COVID-19. For more information visit www.cdc.gov/coronavirus/2019-ncov/.

HOW TO PREVENT THE SPREAD OF GERMS

- To help protect yourself from the spread of germs, the CDC recommends the following:
- Wash your hands. Get used to doing it often. And thoroughly. That means for at least 20 seconds, which is a surprisingly long time – about the time it takes to sing the Happy Birthday song twice. Don't forget the backs of your hands. Water temperature doesn't matter, but the amount of time you scrub with soap does. Soap does NOT need to be antibacterial to work.
- If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Avoid close contact with sick individuals.
- Avoid touching your face, eyes, nose and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- Avoid handshakes at this time. Try an elbow bump instead.

It is very important to talk to your children about good hygiene and make sure they are washing their hands frequently while at school, daycare, and out in the public.

A NOTE ABOUT FACEMASKS

It's also important to note that you do not need to wear a facemask unless you are experiencing symptoms. Simple surgical masks are only recommended by the CDC for people already showing symptoms to reduce the risk they will pass on the infection to others. Facemasks play NO role in protecting a healthy person from being exposed to the virus.

We will continue to closely monitor the situation and are committed to keeping you updated on any new developments on COVID-19 in our community as new information becomes available.

The health and safety of our patients, staff and community is our number one priority.

Thank you for trusting us with your healthcare needs.

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