

As a clinic we have compiled information to help you navigate how to support your immune system, know where to go or who to call if you are sick and how to protect yourself and the community.

We currently are not testing for COVID-19 in patients who have had known contact or have severe symptoms.

Are you still seeing patients for regular visits?

- Some providers will be remaining at the clinic, but only for essential medical needs. However, if you would like to switch your appointment to a telemedicine visit or a phone appointment, just call the clinic 503-222-2322.
- Scroll down to read about telemedicine visits. All of our doctors are set up for a telemedicine visit from the comfort of your own home! Message the clinic or call if you'd like to **book a telemedicine visit**. They are usually covered by insurance but it's best if you call your insurance to double check. If your visit requires a physical exam, then a telemedicine visit will not be applicable. And again, some providers will be working from the clinic and area able to see you for your essential medical needs. Just let us know how best to serve YOU.

What is Coronavirus?

- Coronaviruses are a large family of viruses which may cause illness in animals or humans.
- Coronavirus aka COVID-19 is the infectious disease caused by the most recently discovered novel coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.
- The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat and/or diarrhea. These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell. Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems including chronic lung disease, high blood pressure, heart problems or diabetes, are more likely to develop serious illness. About 2% of people with the disease have died. People with fever, cough and difficulty breathing should seek medical attention.

Should I go in for testing if I think I may have been exposed?

- If you are ill, call ahead to your healthcare provider to discuss further steps. If testing is needed, the providers will coordinate directly with public health.
- Those who are close contacts of the presumptive positive case have been contacted by public health staff for further instruction. If you have not been contacted, please assume that you are not impacted and that your risk of acquiring COVID-19 is not higher than the general population.

What should I do to protect myself and my community?

- Wash hands often with warm water and soap for at least 20 seconds several times daily. Hand sanitizer is good in a pinch but doesn't replace handwashing with soap and water. You will need a product that is > 60% alcohol, and use this before and after any public outing, contact with public doors, shopping, etc.
- Keep hands away from mouth, nose or eyes to avoid transferring germs.
- Clean and disinfect frequently used surfaces like counters, light switches, doorknobs, and remotes.

- Cover coughs and sneezes with a tissue, then throw the tissue away and wash your hands.
- If you feel sick, stay home from work, school or other activities.
- Avoid close contact with others outside the home and if someone in your household is ill.
- Show compassion and support for individuals and communities most closely impacted and anyone who might be sick.
- Have plans in place in case school closures, workplace closures. Social distancing measures are encouraged (See next question for preparedness tips.)

Please note that masks are not recommended as a prevention strategy for people who are well in the general public. Medical providers have specific guidance on masks and personal protective equipment and should follow that guidance.

Our Naturopathic tips:

- Eat a whole foods diet (what's a whole food? Check out this humorous and helpful [video](#)) and limit sugar and alcohol – eat the rainbow!
- Get plenty of sleep
- Exercise daily, ideally outside in fresh air
- Keep hydrated; avoid dry mouth/dry nasal passages
- Though NOT treatments for coronavirus, we suggest immune support as it is also cold and flu season. Vitamin C, echinacea and other supplements which support the immune system can be helpful to take and to have at home. For example, we've been encouraging people to stock up supplements such as Vit C, Vit D, probiotics, Vit A drops, "EHB", Immune Symmetry depending on you or your family's needs.
- Come and get an IMMUNE building IV with our IV specialist Dr Caitlan Readhead. We have special discounted rates right now to help you build your immune system

How should I prepare?

Take many of the same steps to prepare for an outbreak as you would to prepare for other emergencies.

- Make an emergency plan of action with your household members, relatives, and friends.
- Know your workplace's sick leave policies and whether you can work remotely. We are encouraging employers who can allow telecommuting to do so or make plans to do so.
- Decide who will pick up and watch children if schools or child cares are closed, or if children get sick. Make sure schools and child cares have updated contact information and emergency contacts for your children.
- Have emergency supplies like nonperishable food, water, personal hygiene supplies, and medicine or other medical supplies in an accessible emergency kit – enough to last your household for at least 14 days. Include a list of emergency contacts as well as a list of medical conditions and medications for household members.
- If the disease spreads in your community, public events, school, or other gatherings may be canceled. Please respect these decisions. This is known as social distancing, which helps reduce the spread of illness.
- Set up a separate room in the household for someone who is sick and clean the room regularly. Clean, disposable facemasks may be useful for the individual who is sick, but also can partially reduce exposure to airborne droplets for those who are well.
- Know your neighbors or friends in the area and be ready to support each other during an emergency. Check in on those who live alone or have underlying health conditions and may

need extra support. If you live alone, talk to your friends and family members about who would be available to check in on you if you become sick.

Remember to stay calm, prepared and informed. Check reliable sources for updates and follow the advice of public health professionals.

Where can I find more information?

Centers for Disease Control and Prevention: www.cdc.gov/coronavirus

World Health Organization: www.who.int/emergencies/diseases/novel-coronavirus-2019

Statewide hotline: 1-800-525-0127

Oregon Health Authority

Phone: 503-947-2340

Toll Free: 800-375-2863

Fax: 503-947-5461

WE'RE SET UP FOR TELEMEDICINE

Book a telemedicine visit (where you meet with your doctor via a video call) or a phone consult if you would rather stay home or are staying home due to illness or school being closed. Telemedicine visits are usually covered by insurance. All our doctors are set up for telemedicine.

Stocking up on dried beans?

Beans are nutritious and versatile. This link shows you [how to cook dried beans!](#) You can also make [butternut squash soup](#), like the one shown here, in a pressure cooker. If you are stuck at home, time to learn some new recipes.



