



Everett Health Center, Inc.

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At Everett Health Center your health is always our number one priority!

As we continue to provide care to our patients we have implemented measures to increase the cleaning and sanitizing practices in our office, which includes all treatment surfaces, common areas, and frequently touched surfaces like doorknobs, sign in areas, etc.

If you are experiencing any of the following symptoms of FEVER, COUGH OR SHORTNESS OF BREATH you should refrain from coming into the office, limit your exposure to other people and reach out to your primary care physician or local emergency room to determine your risk level and next steps.

It is estimated by epidemiologists that a large majority of those in the US could become exposed to the coronavirus. However, it is important to understand that it will not affect all individuals the same. For the majority of individuals contracting the virus is expected to be similar to coming down with a cold for flu virus followed by recovery. Symptoms for many will be mild to moderate. However, for individuals of advanced age, with complicating conditions or challenged immunities it could cause more severe sickness or possible death. Measures taken by state and local officials have been based on emerging information as well as trends experienced in other areas that have already been exposed. In Ohio the coronavirus is expected to peak in exposure and confirmed cases sometime in April. Cancellation of school and other events and restrictions on gathering sizes have all been done in an attempt to reduce the number of people that will become sick and to reduce the strain on the healthcare system so that resources are available to those who need it.

In these unprecedented times of uncertainty here are some suggestions we recommend:

DRINK PLENTY OF WATER

EAT HEALTHY NUTRIENT RICH FOODS

GET PLENTY OF REST/SLEEP

TAKE DAILY VITAMINS, INCLUDING THOSE THAT ARE KNOWN TO SUPPORT YOUR IMMUNE SYSTEM

DAILY PHYSICAL ACTIVITY AND STRESS REDUCTION TECHNIQUES LIKE MEDITATION

GET FRESH AIR, OPEN WINDOWS AND GET OUTSIDE AS MUCH AS POSSIBLE

GET ADJUSTED

AVOID LARGE CROWDS AND PEOPLE EXHIBITING SIGNS OF COUGH AND FEVER

IF YOU DON'T FEEL WELL STAY HOME AND LIMIT INTERACTIONS WITH OTHER PEOPLE

WASH YOUR HANDS

AVOID TOUCHING YOUR EYES, NOSE, AND MOUTH

COUGH AND SNEEZE INTO THE CROOK OF YOUR ARM

DON'T PANIC. STAY INFORMED WITH ACCURATE INFORMATION

If updated information changes the way we are able to deliver care we will let you know. Otherwise, the doctor and staff at Everett Health Center will remain committed to servicing you!