

Dear patients,

In response to the COVID-19 pandemic, we would like to provide you with resources so that you can best protect your families.

We will draw our resources from the Centers for Disease Control and Prevention (CDC), the Illinois Department of Public Health (IDPH), as well as the medical institutions in our communities.

Below is some key information:

1. **Symptoms of COVID-19:**

- a. Cough
- b. Fever
- c. Shortness of breath
- d. Other flu-like symptoms (chills, muscle aches, etc.)

2. **Risk factors for COVID-19:**

- a. Recent travel to areas with sustained spread
(see: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>).
- b. Known exposure to someone who has traveled recently to those areas or who is known to have tested positive for COVID-19.
- c. Please be aware that people can be infected for 2-14 days before showing symptoms, so you may be exposed without being aware. If you show any of the symptoms above, please contact us by phone.

3. **What to do if you think someone in your household has COVID-19 or has been exposed to COVID-19:**

- a. **DO NOT** go to the Emergency Room, Urgent Care, or any medical facility without speaking to us or IDPH first, as you can spread COVID-19 to others by your mere presence if you are infected.
 - i. **EXCEPTION:** Do not avoid the Emergency Room in the case of a medical emergency.
- b. **DO NOT** walk into our office. If you are infected, you may spread COVID-19 to our other patients, staff, and physicians.
- c. **DO** call us or IDPH to arrange for testing. You will be given specific instructions in order to limit exposing others to COVID-19 if you are infected.

4. **How to prevent COVID-19:**

- a. Avoid crowded areas, ideally you and your children should remain home unless absolutely necessary. If it is necessary to leave, limit the number of people who go out and the number of times you go out as much as possible.
- b. Avoid people who are ill or who have returned from travel in the past 14 days.
- c. Wash your hands frequently with soap and water for at least 20 seconds. If handwashing is unavailable, you can use hand sanitizer if it has at least 60% alcohol. Always allow hand sanitizer to dry.
- d. Avoid touching your face, especially if you do go out.
- e. When you sneeze or cough: cover your mouth, dispose of any tissues quickly, and wash your hands.
- f. Ensure you have enough supplies and medicine to avoid leaving home; if possible, have at least 2 weeks of medication remaining at all times.
- g. Consider alternative ways to get medicine and food (home delivery, drive-thru pharmacies, etc.).

Please know that if you are contacted to re-schedule a well visit without scheduled vaccines, it is for your protection in compliance with recommendations during this pandemic for social distancing and minimizing contacts between your family and anyone outside of your household. We will try to limit these disruptions as much as possible, but they may be unavoidable and know that they are for your protection.

As always, please contact us with any questions or concerns you may have for your child's health. Their health and safety are our top priority.

Warm regards,
Drs. Bond and Stein

Contact information:

NWSP Schaumburg: (847)352-9910

NWSP Arlington Heights: (847)788-8300

***After hours, call and leave a message for non-emergencies, or for emergencies have the doctor paged.**

IDPH: (800)889-3931

Resources:

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

IDPH: <http://www.dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus/faq>