



Good Day,

As you might have heard, there is much discussion about the coronavirus and much that is known, but there is still much to learn.

What we do know is that it is a virus. (Other viruses that you might be familiar with are: Influenza virus, Adeno/cold virus.)

Corona is predominately a respiratory virus, transmitted by moist droplets in the air—usually from sneezing and coughing—and also transmitted from touching surfaces that the droplets land on, and then wiping your nose, scratching an itchy eye, and so forth.

What to do: Washing hands with soap and water, and doing this adequately (for about 20 seconds, the length of singing a verse of “Happy Birthday”). It is important to wash your hands often.

If you have been coughing, sneezing, and have the sniffles, cover your mouth and/or your nose.

If you are feeling sick (coughing, sneezing, fever of 100.4 F or greater) or are just not sure, call and ask questions. And please, if you are feeling sick, stay home. You then may call us for further advice.

Staying home will help decrease the spread of the virus and the risks of viral-droplet infection by decreasing exposure to others.

If you are feeling sick and think you may have been exposed to someone with the coronavirus in the last two to three weeks, have a cough or fever of 100.4 F or greater, are having troubling breathing (it hurts to breath, you feel short of breath, or are wheezing) call us for further advice.

And don’t forget: practice good hand washing.

Sincerely,  
Dr. Rocco Russo  
Medical Director, Community Health and Wellness Center