

COVID-19

Due to the outbreak of COVID-19 (Corona Virus) Anastasia Medical Group has taken following precautionary measures as per CDC guidelines to minimize spread of the disease.

If you have returned from ANY international travel or a cruise within the last 14 days and you are sick,

OR

If you have been in close contact with someone who has recently returned from international travel or a cruise and is sick,

OR

If you are a high risk patient with underlying disease such as COPD, heart disease, Diabetes, etc,

OR

If you are experiencing flu like symptoms,

CALL our office at 904-461-0821

DO NOT GO to ER at Flagler Hospital. **Call us first** and we will advise you accordingly.

Please visit <http://www.floridahealth.gov/> for more information.

OR call County Health Department (CHD) at 904-209-3250/866-779-6121,

OR email at COVID-19@flhealth.gov

Symptoms:

The most common symptoms of COVID-19 are: **fever, cough and shortness of breath.**

Some patients have aches and pains, nasal congestion, runny nose, sore throat or diarrhea.

What to do if you are feeling sick:

Call our office before you come to the office,

Tell the doctor about your symptoms, your recent travel or contact with other infected person.

How to protect yourself:

- Stay home when you are sick,
- Avoid shaking hands as social greeting,
- Stay at least 6 feet away from others,
- Wash hands often with soap and water- 20 seconds or longer,
- Dry hands with a clean towel or air dry your hands,
- Avoid touching your eyes, nose, or mouth with unwashed hands or after touching surfaces,
- Cover your mouth with a tissue or sleeve when coughing or sneezing
- Clean and disinfect high touch surface often,
- Get adequate sleep and eat well- balanced meals.

How to self-isolate:

- Stay home except to get medical care.
- Separate yourself from other people and animals in your home.
- Wear a facemask when others are around.
- Clean your hands often.
- Cover your cough and sneezes.
- Avoid sharing personal household items.
- Clean all high-touch surfaces everyday.
- Call ahead before visiting your doctor.