



MIRIAM MEDICAL CLINIC HEALTH BULLETIN MAY 12, 2020

THE FOLLOWING INFORMATION IS STILL CURRENT FOR COVID-19.

THE CITY AND STATE GOVERNMENTS STILL REQUIRE ALL NON-ESSENTIAL BUSINESSES TO SUSPEND OPERATIONS.

The City has asked for **ALL** citizens do the following.

Taking these actions (is) the only way we can slow the rate of spread of this virus. These actions will save lives:

- **Pease stay at home** If you do not have to go out.
- If you must go out, **Avoid crowds**. The virus is primarily spread by close person-to-person droplet contact.
- Stay at least **6 feet** away from other people.
- **Wear a mask** that covers your nose and mouth when outside. This offers maximal protection for all.
- **Wash your hands** often and thoroughly, with soap and water, for at least 20 seconds. Use hand-sanitizer if soap and water are unavailable.
- **Wash surfaces** often with a bleach solution.
- **Do not shake hands, hug or kiss**, when greeting someone.
- If you have **Shortness of breath, fever, cough, fatigue** call your primary health provider IMMEDIATELY
 - If you have these symptoms, your provider may order testing.
- **Know the FACTS**, Please ask your healthcare provider, if you are uncertain about any of the information you hear or read.

IMPORTANT.

For More information:

Centers for Disease Control

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>;

Temple University Health Systems Hotline

215-707-6999