

At Montgomery Medical Associates, P.C. your health and safety are our highest priority.

If you have symptoms like fever, cough nasal congestion or sore throat please postpone your visit until you are well or If you have mild symptoms we are asking that you stay home and treat your symptoms with over the counter medications. Do not come in for a walk-in appointment. Please call the office, we will triage you over the phone and let you know what to do. We are able to conduct some appointments over a video chat.

If you were exposure to COVID-19 or if you have traveled to any area with widespread COVID-19 but do not have current symptoms should be monitoring their temperature twice a day. Please stay home and try and avoid contact with many people. You should continue to watch for symptoms for 14 days. If you do develop fever, cough or shortness of breath please call the office. **Do not come to the office.**

Help prevent the spread of COVID-19:

- Clean your hands often, either with soap and water for 20 seconds or a hand sanitizer that contains at least 60% alcohol.
- Avoid close contact with people who are sick.
- Put distance between yourself and other people (at least 6 feet).
- Cover your mouth and nose with a mask when around others.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces daily.
- CDC (<https://www.cdc.gov/coronavirus/2019-ncov/index.html>) recommends that people wear masks in public settings and when around people outside of their household, especially when other social distancing measures are difficult to maintain.
- Masks may help prevent people who have COVID-19 from spreading the virus to others.