

Oregon Surgical Institute Cares About You.....

We have reviewed the CDC recommendations regarding the Novel Coronavirus, or COVID-19, and have developed a preparedness plan for both preventive and responsive actions. With the recent announcement from the Oregon Health Authority and the close proximity of this new Oregon case, we wanted to our patients have access to this information as soon as possible.

Preliminary research indicates the virus is transmitted through sneezes, coughs, and contaminated surfaces. Symptoms can include fever, cough, and shortness of breath and can last 14 days after exposure.

With this in mind, we ask patients who are sick and or have a fever, cough, and shortness of breath contact their primary care provider immediately. If you have any of these symptoms please contact our staff at OSI immediately. There is a possibility that your surgery may be rescheduled.

What can we do to protect ourselves and others? You can follow these practices to reduce chances of contracting and/or spreading the virus

- Stay home if you are sick and avoid close contact with people who are sick
- Avoid touching your eyes, nose, and mouth
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty

If you would like additional information, [you can learn more about the coronavirus and how to prevent the spread of disease on the CDC's website.](#) The CDC is the best source of information and is the authority on this outbreak.

At OSI, patient safety and patient care is our central focus. We appreciate your patience and understanding in helping us provide the best possible care to all our patients and local community.

