



Notice To OrthoArizona Patients Regarding The COVID-19 Pandemic

At OrthoArizona, we are taking precautions to minimize the risk of spreading COVID-19; we are diligently monitoring and evaluating the pandemic and the best way to protect patients, visitors, our employees and healthcare providers. For the safety and well-being of the community, OrthoArizona has made the decision to see only urgent/emergent patients in office for the next 30 days. For any non-urgent/emergent appointments, we are scheduling 30 days out or more. OrthoArizona is establishing telehealth in the coming days, which will allow us to take a different approach in patient care and potentially see patients before 30 days. We will be re-evaluating as the CDC and AZDH make recommendations and/or lift restrictions. This will also allow us to conserve critical resources and create capacity for those in urgent need.

Please visit orthoarizona.org, email info@orthoarizona.org or contact 602.648.5444 with any questions, concerns or appointment request.

Resources To Keep You And Your Loved Ones Safe During The COVID-19 Pandemic

Please use only reliable sources for information regarding COVID-19:

- Centers For Disease Control and Prevention (CDC)- <https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/summary.html>
 - Current Recommendations:
 - Anyone who has traveled to a level 3 or 4 country, even if they have no symptoms should self-isolate for 14 days.
 - For people who are ill with COVID-19, but are not sick enough to be hospitalized, please follow [CDC guidance on how to reduce the risk of spreading your illness to others](#). People who are mildly ill with COVID-19 are able [to isolate at home during their illness](#).
 - Older people and people with severe chronic conditions should [take special precautions](#) because they are at higher risk of developing serious COVID-19 illness.
 - If you are a close contact of someone with COVID-19 and develop symptoms of COVID-19, call your healthcare provider and tell them about your symptoms and your exposure. They will decide whether you need to be tested. Keep in mind that there is no treatment for COVID-19 and people who are mildly ill are able [to isolate at home](#).
 - If you are a resident in a community, where there is ongoing spread of COVID-19 and you develop COVID-19 symptoms, call your healthcare provider and tell them about your symptoms. They will decide whether you need to be tested. Keep in mind that there is no treatment for COVID-19 and people who are mildly ill are able [to isolate at home](#).
- Arizona Department of Health Services (AZHD)- <https://www.azdhs.gov/preparedness/epidemiology-disease-control/infectious-disease-epidemiology/index.php#novel-coronavirus-home>
 - Current Recommendations Effective March 20, 2020:



- Halt all elective surgeries in the state of Arizona.
- If someone in your family has tested positive for COVID-19, keep the entire household at home and contact your medical provider.
- Recommendations to cancel or postpone mass gatherings of 10 or more people.
- Recommend telework and other alternatives when available.

Be Vigilant To Protect You and Your Loved Ones:

- **Respiratory Etiquette:** Cover coughs and sneezes with a tissue, immediately throwing in the trash. If you do not have a tissue, cough or sneeze into your bent elbow.
- **Hand Hygiene:** Wash hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer with 60% to 95% alcohol.
- **Personal Hygiene:** Do not touch your face with unwashed hands.
- **Social Health Action:** Routinely clean and disinfect frequently touched surfaces and objects like cellphones, keyboards and doorknobs. Practice social distancing with at least 6ft between individuals. If you feel sick with fever, cough, or difficulty breathing stay out of the public.

Thank you for your understanding and patience during this time. OrthoArizona is dedicated to minimizing the risk and doing our part to keep patients and the community safe. The pandemic is changing rapidly and we will have updates along the way. We are tremendously thankful for our employees, providers and patients for their continued support. At any time, you have questions, concerns or need to reschedule an appointment please email info@orthoarizona.org.

Doug Vang, CEO
OrthoArizona