

Coronavirus Update #7

Operations continue to run smoothly at the Wellness Center and as a reminder we are seeing all types of visits, but are discouraging non-essential visits.

To date we have done 65 Covid-19 tests, 41 have resulted so far with only 1 positive. The 1 positive test was an older person with medical conditions. The good news so far is that a vast majority of patients tested are negative for Covid-19.

We are in the process of switching to Quest Labs for our testing because of better turnaround times. We also have orders out for several rapid tests which have yet to become widely available, but hopefully will see better access to those tests this week.

Dr Villa would like to pass on a few reminders:

- * Tylenol is the preferred fever reducer versus Motrin or other Ibuprofen products.
- * Do not stop taking your ACE Inhibitors, I.E. lisinopril, zestril.
- * We are currently not prescribing the combination of Azithromycin Z-Pack and Hydroxychloroquine. Several studies are evaluating the safety and efficacy of this treatment and as soon as it has been approved we may reconsider our stance on the treatment.

Dr Villa participated in a videotaped interview conducted by our Fire Rescue video department last week which is available on Target Solutions, we are hoping for an edited version soon that we can share with retirees and dependents.

Our in-house psychiatrists have established the ability to video chat with all patients, including new patients. Times are currently stressful for everyone and we want to make sure you have the mental health resources available for any of your needs, please feel free to call the front desk to schedule an appointment.

Annual fire department required physicals continue to be deferred until the crisis has passed, we will be reviewing this on a week by week basis.

And finally a big thank you from all of our clinic staff for your patience, not only out front with our check in process, but with everyone's calm behavior once inside the building. Also thank you for your emails and notes expressing your well wishes for everyone's safety, and of course for all of your treats and the occasional lunches some of you have been so generous to provide. I would also be remiss not to extend our enormous appreciation for those of you that have dropped off various articles of PPE that you had laying around, especially the N95 respirator masks. PPE remains extremely difficult to get.

As a reminder the Wellness Center hours will be 8am-7pm Monday thru Friday and 9am-4pm on Saturday. We apologize for any inconvenience this may cause you.

Remember wash your hands frequently and practice social distancing, and for those of you on the trucks please use your PPE at all times and practice good hygiene!