



WCPN

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COVID-19 (Coronavirus) Update

What should you be doing?

CORONAVIRUS IS SERIOUS!

Coronavirus is even more of a concern than the usual flu.

There are several reasons for this. It appears easier to spread than the flu and the chance of dying from it is higher than the flu. The infection spreads from human to human in several ways such as respiratory droplets or from virus on surfaces that we touch. **Many people who are infected will not have symptoms – THIS IS A KEY POINT AND MAJOR PROBLEM.**

WE MUST ALL MAKE CHANGES IN OUR DAILY LIVES IMMEDIATELY.

Changes include:

- **If you are sick, PLEASE stay home.**
- **Do not gather in groups** of any size unless absolutely necessary. If necessary, keep it to the smallest group possible.
- Practice "social distancing" which I call living in social isolation. This means **STAY HOME** with your immediate family. Only go out for absolute necessities such as groceries or gas. When you go out, **KEEP YOUR DISTANCE**. Try to stay **AT LEAST 5 feet** away from others, preferably 10 feet or more!
- **Use the internet and social media responsibly.** It can be a game changer and make it easier to live like this. We will be posting useful information to our practice website as often as we can: **drsfoley.com**
- **Work from home** if you can, even if you aren't quite as productive as normal in the workplace. Decreased productivity from home is better than no productivity from a hospital bed.
- If you must go to work, **space out and sanitize.**
- **LIMIT travel** to what is **ABSOLUTELY** necessary.
- **Children** are home from school, **NOT** on a vacation. They should stay at home **ALL OF THE TIME**. **Please keep them home!** They can play outside, but not in groups.

- **Eat at home.** Either cook at home or get take out. This is much safer than sitting in a restaurant.
- **Utilize frequent hand washing and hand sanitizer, ESPECIALLY before you touch your eyes, nose, or mouth.**
- Remember that **everybody is vulnerable.** Older age and poor health make people more vulnerable, but even young people have died from this infection.

We can get through this together.

Sincerely,

The Physicians and Staff at Women's and Children's
Physicians of Naples