

Dear Patients,

If you have COVID or other respiratory illnesses that mimic COVID, in order to ensure the safety of our patients and employees, Health Care Solutions is recommending the use of video phone conferences for our patients with routine needs. This will allow these patients to stay safely at home while still meeting with their Healthcare Provider.

Our office is capable of making these video conferences using HIPAA compliant Telemedicine Platform. For those patients who still require in-office care, our Providers can still try to see you on a case-by-case basis!

Our goal in these recommendations below is to provide the safest possible environment for our patients, and for our staff. Please, respect that we have patients with compromised immune systems that have to be physically attended to in our office. In doing so, we ask the following:

- Please refrain from touching unnecessary items in our office
- If you have a cough (this is always allergy season in Las Cruces) please cough into a Kleenex or your arm
- Remember to wash your hands
- As we know immune-compromised status is a major risk factor for severe COVID disease related morbidity and mortality we require that you wear facial masks in common areas to prevent easy transmission of the diseases.

Common respiratory viral conditions that can be limited by use of facial masks are Influenza A & B, RSV, Adenoviruses, Common Cold Coronaviruses, Parainfluenza, Pneumoviruses, Rhinoviruses and COVID 19 and this list is not comprehensive.

Winter is coming! It is not just COVID 19 that we are concerned about. Every winter these seemingly innocuous viruses show their ugly faces and are responsible for significant morbidity and mortality in vulnerable populace.

Finally, we ask that each of you take the measures necessary to stem the spread of these highly contagious viruses. Wash your hands, practice social distancing, limit physical contact with the vulnerable members of our community...but don't forget them! Reach out and stay in touch with your friends, neighbors, and loved ones.

Sincerely,

A. Singh, MD



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