

## Dr. Aparna Sharma – Andover Family Dental

16 Haverhill Street, Andover, MA, 01810

(978) 470-2233

[www.AndoverFamilyDental.com](http://www.AndoverFamilyDental.com)

Email: [DrSharma16@gmail.com](mailto:DrSharma16@gmail.com)

# COVID-19

## Patient Information about the coronavirus

### TO OUR PATIENTS

If you have an upcoming appointment and experiencing flu-like symptoms listed below please call our office at 978-470-2233 to reschedule. Thank you for your cooperation.

If you had close contact with a laboratory confirmed COVID-19 patient within 14 days of symptom onset, or a history of travel from affected geographic areas (see below) within 14 days of symptom onset, please call to reschedule your appointment.

International areas with sustained (ongoing) transmission

China (Level 3 Travel Health Notice)

Iran (Level 3 Travel Health Notice)

Italy (Level 3 Travel Health Notice)

Japan (Level 2 Travel Health Notice)

South Korea (Level 3) Travel Health Notice)

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## SYMPTOMS

COVID-19 symptoms are similar to the cold or flu, and may take up to 14 days to appear after exposure to the virus. Be vigilant as severe cases may lead to conditions such as pneumonia and kidney failure.

Mild symptoms may include:

- Fever
- Headache
- Runny Nose & Sneezing
- Cough & Sore Throat
- Difficulty Breathing
- Muscle Pain & Weakness
- Chills & Fatigue
- Impaired Liver & Kidney Function

## What we are doing in our office

- ✓ **Jazz Hands - We will be not be shaking hands or hugging.**
- ✓ **We will try to keep traffic in the waiting area to a minimum.**
- ✓ **Please only come as a patient and with one guardian if necessary.**
- ✓ **We will maintain distance at the front desk.**
- ✓ **We will start to take the temperature as needed.**
- ✓ **We will be disinfecting our office multiple times a day.**

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## PREVENTION

The World Health Organization (WHO) advises the following prevention methods:

### ✓ **Wash Hands Frequently**

Use soap and water for visibly dirty hands for 20 seconds or an alcohol-based hand rub (with at least 70% isopropyl alcohol content to be effective) frequently for non-visibly dirty hands. Clean hands after touching public surfaces (i.e. gas pumps, door handles, counters, etc.).

### ✓ **Practice Respiratory Hygiene**

When coughing and sneezing, cover mouth and nose with flexed elbow or tissue – discard tissue immediately into a closed bin and clean your hands with alcohol-based hand rub or soap and water.

### ✓ **Maintain Social Distancing**

Maintain at least 3 feet distance between yourself and other people, particularly those who are coughing, sneezing and have a fever. If you are too close, you can breathe in the virus.

### ✓ **Avoid Touching Eyes, Nose & Mouth**

Hands touch many surfaces which can be contaminated with the virus. If you touch your eyes, nose or mouth with your contaminated hands, you can transfer the virus from the surface to yourself.

### ✓ **Seek Medical Care Early**

If you have fever, cough and difficulty breathing, seek medical care early and tell your health care provider if you have traveled in an area in China where the virus has been reported, or if you have been in close contact with someone with who has traveled from China and has respiratory symptoms.

### ✓ **Mild Symptoms**

If you have mild respiratory symptoms and no travel history to or within China, still seek medical care and be sure to carefully practice basic respiratory and hand hygiene and stay home until you are recovered, if possible.

### ✓ **Animal Proximity Precautions**

Practice general hygiene measures when visiting farms, live animal markets, wet markets, animal product markets or contact with wild animals. Ensure regular hand washing with soap and potable water after touching animals and animal products.

### ✓ **Animal Consumption**

Avoid eating raw or undercooked animal products. Handle raw meat, milk or animal organs with care, to avoid cross-contamination with uncooked foods, as per good food safety practices.

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### MORE INFO

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**LAST UPDATED:** March 12, 2020

For the most up-to-date information on possible vaccines, treatments, FAQs, news and more, please visit the following official health organizations:

Centers for Disease Control & Prevention (CDC)

[www.CDC.gov](http://www.CDC.gov)

World Health Organization (WHO)

[www.WHO.int](http://www.WHO.int)

### CONTACT US

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If you have questions or concerns, please feel free to call us at:

**(978) 470 - 2233**