

# COVID-19 (coronavirus) Update

## Grace Health Clinic

The primary focus of Grace Health Clinic is and always will be your health and the health of our community as a whole.

As an essential business and the first point of contact for patients, Grace Health Clinic has remained opened during its normal business hours and is following all global, federal, state and local recommendations **Centers for Disease Control and Prevention** (CDC) and Colorado ( <https://covid19.colorado.gov/> )

Since the onset of the outbreak in our community, we have been working to slow the spread of the virus in a number of ways besides using personal protection:

1. Screen patients for possible symptoms
2. Provide Influenza vaccine and perform flu tests when appropriate
3. Perform coronavirus testing as recommended by the CDC for at risk patients
4. Based on our clinical experience, we developed a set of symptoms to look for and an initial outpatient treatment

### ALARMING SYMPTOMS TO WATCH FOR:

Fever above 101.5 F

Chills

Heart rate increased - pounding in chest

Cough/shortness of breath

Headache/bodyaches/irritability

Fatigue

Itching (just unusual)

Eyes red/conjunctivitis

Vomiting/Stomach ache/

CALL THE CLINIC AT 303-755-4600

### !!! PRECAUTIONS !!!

Wear a face mask

Cover your cough

Do not share drinks or utensils

Wash hands frequently

Take ginger/turmeric/lots of fluids(water, broth, gatorade)

Limit unnecessary physical contacts(don't hug the mailman ☺)

Use 10% bleach to clean surfaces

For alarming symptoms with negative flu test we use a combination of Tamiflu 75mg and Rocephin 2 grams IM plus motrin 800mg, Benadryl and lots of hydration(adults)

Call the clinic with questions about our full treatment protocol if interested

(303) 755- 4600