



Dear Perfect Health Patients,

Perfect Health is very concerned about your health and well-being overall and especially as it relates to the COVID-19 virus pandemic. We are following closely the advice of the CDC and the Massachusetts COVID-19 Command Center. Perfect Health is dedicated to ensuring that our entire organization and our patients remain as safe and healthy as possible during this outbreak and we have made it our top priority. People over 65 with underlying health conditions are at an increased risk especially if you do not get medical support in a timely manner. You should be in close contact with Perfect Health so we can assist you with the right treatment and support at the right place and at the right time. **It would be helpful during this time period of concern to have a finger pulse oximeter and a thermometer at home so your provider can help you manage any respiratory illness you may encounter.** They are often available at your local pharmacy.

Please call us if you have any one or more of the following:

- A fever, cough or shortness of breath.
- Traveled internationally to China, Italy, South Korea, Iran, or Japan in the past 14 days.
- Have been in close contact with a lab-confirmed case of COVID-19.

Phone numbers:

- Duxbury (South Shore) - 781-582-1402
- Hyde Park (Metro South Boston) – 617-505-1036
- Woburn (Metro North Boston) – 617-505-1033

We can help take care of you at home in most circumstances. And, we can help decide if you need to be tested and help you access the right testing. We want to help keep you out of the hospital where you may be unnecessarily exposed to other people and draw on already strained medical services.

How can I minimize my risks of catching the virus:

1. Socially Distance yourself - this means limiting the number of face to face interactions you have daily to only those that are absolutely necessary. This virus spreads very easily and people are able to spread it before they have symptoms. Avoid all public gatherings for meals and entertainment. Keep in touch with us and others by phone, facetime, skype as much as possible.
2. Keep your home surfaces, devices, tools, equipment, containers, etc. clean especially if anyone other than yourself has touched those surfaces. Wipe them down with antiseptic cleaning supplies if you can.
3. Wash your hands frequently or use sanitizer gel as an alternative. Soaping for 20 seconds can kill bacteria as effectively as the gel products.



4. If someone near you has a cough, insist they get and/or wear a mask to protect you.
5. If you cough or sneeze, do it in the elbow crease of your arm. If you use a tissue, throw it away quickly after each use and wash your hands each time.
6. Call Perfect Health to speak to your PCP or Care Manager before going to the emergency room or hospital during this time. Hospitals expect to be inundated and we will be able in many instances to help guide you, evaluate you, and treat you at home for a number of changes in your condition.
7. Stay home if you are not feeling well and call Perfect Health!
8. Avoid touching your face.
9. Contact your care provider immediately if you have symptoms like coughing, fever, trouble breathing or have had contact with a suspected or known case.
10. The CDC does not recommend that people who are well wear a face mask to protect themselves from any respiratory illnesses, including the coronavirus. Face masks should be used by people who show symptoms of these diseases to help prevent the spread of the disease to others.

Upcoming appointments

Like other practices and consistent with professional organization recommendations, Perfect Health will be severely limiting in person appointments in order to decrease the spread of the virus. We will be rescheduling all non-urgent visits to make room for all necessary urgent visits. You may be hearing from a member of our team to reschedule non-urgent visits the day before your visit. If you have an in-person appointment, we will be taking precautions to ensure we limit the possibility of viral transmission. We will be using phone calls and telemedicine whenever possible to handle clinical care.

Lastly, the seasonal flu continues, and it is not too late to get your flu shot.

Please, once again, call us if you have flu-like symptoms such as coughing, fever or shortness of breath at the numbers above.

In good health,

Your Perfect Health Team