

# Dr. LJ Adam

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## To Our Patients:

As the coronavirus disease (COVID-19) situation continues to evolve across the U.S. and in Pennsylvania, we at Adam Associates Family Dental are taking every effort to protect and care for you, our staff, and our families.

The Centers for Disease Control (CDC) considers the coronavirus to be a serious public health threat. The majority of coronavirus cases are mild, with symptoms similar to the common cold — but mild symptoms could also make the epidemic harder to contain.

**Given the fact that the safety and health of our patients, their families, and our staff is our top priority, we will be closing today, March 17, 2020, to complete additional deep cleaning and sanitization measures.**

**Per the guidance of the American Dental Association and the Pennsylvania Dental Association, we will be closed for all non-emergent patient care for at least the next two weeks.**

We ask those individuals with appointments scheduled within the next month and anyone accompanying them, who have displayed any of the above symptoms, have been in close contact with someone who has these symptoms, or have travelled 14 days prior to their appointment to an area with confirmed cases of COVID-19 to please call our office to reschedule.

We appreciate your patience as we attempt to navigate this unprecedented time. Please know we will make every effort to continue to serve you, but as things progress with this novel disease, there may be instances where we will kindly ask to reschedule your appointment for a future date.

Thank you,

Dr. LJ Adam

## COVID-19 Facts

### ***What Are The Symptoms?***

In combination, symptoms of the COVID-19 virus include:

- Fever
- Cough
- Shortness of breath

The symptoms of this respiratory illness may appear in as few as two days or as long as 14 days after exposure.

### ***Preventive Measures:***

Even before the COVID-19 virus concerns were elevated, our office thoroughly sterilized instruments, workstations, chairs, and common areas in accordance with OSHA guidelines. In light of the current outbreak — to minimize the potential spread of disease — we are following the commonsense measures and guidance from the CDC, as well as the Pennsylvania Department of Health to protect you, our staff, and our families. We have increased our disinfection procedures for all of our patient-areas; including our waiting room and all patient-care treatment rooms. We have also made it a priority to regularly disinfect more for frequently touched areas such as door handles, countertops, and pens.

While we are doing what we can to maintain the highest level of care to you, it is important that we are all aware of the virus and the efforts necessary to prevent its spread. The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19. **There are simple everyday preventive actions we can all do to help prevent the spread of respiratory viruses, including:**

- If you are sick, stay home until you are feeling better.
- Call ahead before visiting your doctor.
- Follow social distancing guidelines, which includes avoiding situations where there are crowds and larger groups.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Cover any coughs or sneezes tightly in the crease of your elbow, do not use your hands!
- Avoid sharing personal household items.
- Clean surfaces frequently, such as countertops, light switches, cell phones, and other frequently touched items.