

# Quick Minute

Your Health Newsletter | A Quickcare NP publication

HEALTHCARE VISIT ONLINE

## When Your Time Matters Most

Get back to feeling better sooner.



**If you or your family member are sick**

Stay home! Do not go to work!

**Call your medical facility before going in, is possible**

Consult with your medical provider via phone or secure messaging to help reduce any exposure to them or yourself.

**Stay hands free if possible**

Many companies have taken great effort to avoid the risk of exposure and infection to employees and customers by offering contact free options.

### COVID-19 UPDATE!

The CDC recommends that people stay at home to help prevent the spread of COVID-19: Quickcare NP is doing its part by providing telemedicine to patients.

While many people are scared in these uncertain times about COVID-19, there are some basic tips for helping decrease exposure and the spread of the Corona virus.

1

#### WASH YOUR HANDS!

For 20 seconds with soap and water!

2

#### SOCIAL DISTANCING

Avoid crowds larger than 10 people

3

#### INFECTION CONTROL

Cough into your sleeve, and avoid touching your face

## How do I know if I am considered high risk?

There are several pre-disposing medical conditions that make some people more vulnerable to illness than others.

It is well documented that certain conditions have been shown to have more deaths and hospitalizations from even influenza. In light of being a highly contagious viral disease, COVID-19 has also shown to also have more adverse effects for vulnerable individuals.

If a patient has one of the following medical conditions, it is advisable that their primary care provider or a licensed medical provider be contacted on the necessary precautions that should be taken to help decrease exposure and infection:

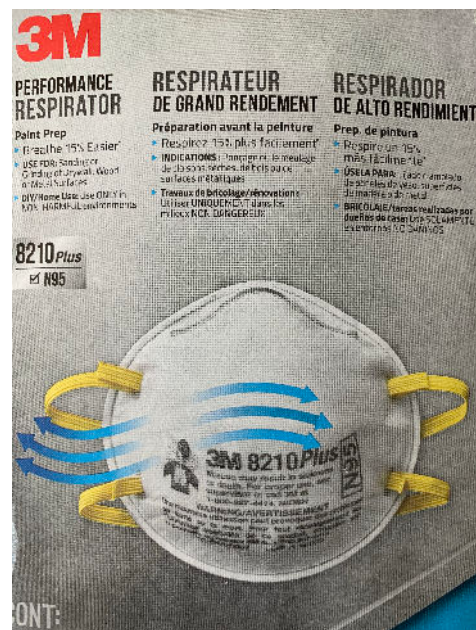
Diabetes Mellitus, Cardiovascular Disease, Hypertension, Asthma, COPD, other known chronic medication conditions of the pulmonary system, pregnancy, older persons over the age of 65, and individuals who are immune compromised like HIV/AIDS and Cancer.

## “The CDC Now Recommends wearing face mask in Public”

After recent observance of transmission between Corona positive patients before symptoms appear, the CDC is now recommending daily use a facemark while in



public. Please do not use medical grade masks so those can used by healthcare workers.



## KEEPING ENERGY DURING SOCIAL DISTANCING

Having to stay at home maybe depressing for some. Many children are accustomed to social interaction, engaging in educational instruction, being outside in fresh air and sunlight to keep them happy and healthy. Being at home doesn't mean this has to stop.

Here are a few tips to help maintain your child's mental well being:

1. Keep a routine. Letting the days run together with no routine can cause stress in adults and children. Try to keep consistent waking, dining, activity, and rest times.
2. Enjoy your leisure. Many wish for more time for certain activities like reading, sewing, gardening, or crafting. Now you have time.
3. Make time for reflection. Not being able to go out for stress relief can cause irritability. Take time at home to pray, meditate, exercise, or practice mindfulness. This will help calm the senses in this stressful time.
4. Don't lie in bed all day. If you find that you are lying in bed all day, stop! This can be a sign of depression, and it can even make certain medical conditions worst, like low back pain.
5. Increase family engagement time. Now that parents can be home with their children, they can work on any areas of personal improvement. Discuss personal morals and ethics with them; after all, the family unit should be what shapes the child's mind. Play board games that help foster life skills or incorporate house chores into learning time to help stimulate children. Take advantage of working on your personal relationships with the available time.

