



Don't Put Off Getting Your Flu Shot

This is not the year to skip getting your flu shot. And it isn't the year to put it off until you hear people are sick with the flu. That's because it's likely that flu viruses and the virus that causes COVID-19 will both spread this fall and winter. Shots are now available. Please Call First to make arrangements.



CALL FIRST POLICY



When a patient Calls First, it enables UHS to do the following:

Triage the call. In triaging we may eliminate visits in instances where a future appointment would be preferable. However, patients may feel they need to see a physician that day and the nurse will find a spot in the schedule. Nurses and physicians are the only staff who can triage calls. Of course there may be some delays but your call will reduce your waiting time.

TELEHEALTH

UHS is committed to caring for you and your family through the current COVID-19 pandemic. Our providers are here for you, as we have been for the past 66 years – but right now, healthcare looks a little different.

We are moving as many visits as possible to telehealth to keep you connected with your provider. You can talk directly with your provider for a virtual checkup or help with minor, non-life-threatening conditions. Stay connected with your healthcare from the safety of your home.



Testing at Polk continuing . . .

COVID-19 TESTING IS CONTINUING BY APPOINTMENT AT OUR POLK STREET LOCATION. TESTING IS DONE OUTSIDE IN THE PARKING LOT.

When a patient tests positive they must quarantine for two weeks followed by three days with no symptoms before returning to work.

FOLLOW THESE FIVE EASY STEPS TO HELP PREVENT THE SPREAD OF COVID-19



Sneeze or cough? Cover your nose and mouth with a tissue or use your elbow.



Wash your hands often with soap and water for at least 20 seconds.



Clean and disinfect surfaces around your home and work frequently.



Keep at least 6 feet between yourself and others if you must be in public.



Wear a cloth face covering over your mouth and nose when around others.

How Does COVID-19 SPREAD

- According to the CDC, the virus is thought to be spread mainly from person-to-person. This means it may spread between people who are in close contact with one another (within about 6 feet), or through respiratory droplets when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. COVID-19 may be spread by people who are not showing symptoms.
- The CDC also reports that it may be possible for someone to get COVID-19 by touching a surface or object with the virus on it, and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.
- The best way to prevent illness from COVID-19 is to avoid being exposed to the virus, as there is currently no vaccine to prevent COVID-19.

HAND WASHING:

A Simple Solution That Really Works



Teach kids how to wash their hands!

Proper and consistent hand washing is one of the easiest ways to prevent the spread of illness. Teach kids by example by showing them these proper hand washing techniques:

- Wet hands with water and apply an amount of soap recommended by the manufacturer to hands.
- Rub hands together vigorously for at least 20 seconds, covering all surfaces of the hands and giving added attention to fingernails and surfaces where jewelry is worn.
- Rinse hands with water.
- Dry thoroughly with a disposable towel.
- Use towel to turn off the faucet.
- For younger children who tend to rush their hand washing, have them sing a short song such as “Row Row Row Your Boat,” or the “Happy Birthday” song – this will ensure they wash for at least 20 seconds. Placing hand-washing reminders at children’s eye level will also help them become consistent hand washers.

