

Dear Patient,

The winter months are particularly challenging this year. We are all struggling with trying to balance the joy of connecting with family and friends and the reality of reducing the chance of infection. This year, we are facing the usual flu season concerns, amplified by the rising COVID-19 numbers throughout the country.

Here are some tips to help you stay as healthy as possible:

Immunizations: Make sure you are current with all recommended vaccinations. You can make an appointment with your PCP to discuss and schedule these. Some offices even have drive thru capability to reduce your risk of exposure.

Control of ongoing health problems: Make sure you are monitoring and maintaining control of any ongoing medical condition that puts you at increased risk: diabetes, asthma, heart disease, autoimmune disorders, cancer, etc.

You may schedule an appointment with your PCP for care in a variety of ways: in person, via video, e-visit via My Chart, or by telephone. Of course, some visits require an in-office visit, but you can rest assured we are following the strictest protocols for safety—including our most recent process change to include touchless payments.

Gatherings: As much as we all want to connect with family and friends, we recommend you do as much as possible outside, and avoid large gatherings (especially indoors). High-risk exposure includes indoor, unmasked encounters where people are less than 6 feet apart and that last more than 15 minutes. We should all be fairly adept at "virtual visits" by now, so let's get creative with this format with our loved ones to keep them safe! Here are some tips from [Marin Health and Human Services](#).

COVID testing: If you think you have been exposed to COVID-19, or have symptoms consistent with COVID-19, call your primary care provider, who can order the test for you if/when appropriate. If your symptoms are significant, call the MarinHealth Adult Acute Care Clinic at 1-628-336-5205 to schedule an appointment for a consultation.