



Dear Patients of Allergy and Asthma Medical Group,

There are growing concerns regarding the spread of the Novel 2019 Coronavirus (COVID-19) across the United States and especially within our community. We understand that many of our patients are feeling fearful, anxious and uncertain how to prepare during this time. The Allergy and Asthma Medical Group of the Bay Area is taking this very seriously. We are monitoring the situation closely and are taking all measures suggested by the Center of Disease Control and the local health authorities. We would like to provide you with specific measures to help better protect yourself and loved ones from this infection.

Below you will find some measures to help you prepare and prevent the spread of the Novel 2019 Coronavirus:

- Avoid contact with people who are sick.
- Regularly wash your hands with soap and water for 20 - 30 seconds.
- Alcohol-based hand sanitizers are also effective.
- Avoid touching your face, eyes, nose, and mouth with unwashed hands.
- Regularly monitor the temperature of yourself and family members.
- Stay home when you are sick. Please keep children home from school if they too are sick.
- Cough or sneeze into a tissue and properly dispose of the tissue. Be sure to wash your hands afterwards.
- If you do not have a tissue available, coughing or sneezing into your elbow is also effective.
- Clean and disinfect frequently touched objects or surfaces.
- Use a barrier, such as a paper towel or tissue, when touching commonly touched surfaces.
- Receive the influenza vaccination if you or another family member have yet to do so.
- If you can, order a two-month supply of your medications.
- Have your home well-stocked with food and water.
- Think about how to care for your loved ones if they become ill, including how you can prevent yourself and other family members from also becoming sick.

If you are sick or may have come in contact with someone who is sick, we are here for you! Staying home to take care of yourself is one of the best ways to avoid the continued spread of this illness. If you are in need of medical advice, please contact one of the Allergy and Asthma Medical Group locations to speak with an advice nurse or to schedule a video (Telemedicine) appointment. You may also email your doctor with questions or concerns using the My John Muir Portal. All patient who come into our office and have any acute symptoms will be required to wear a mask.

Best Regards,
Allergy and Asthma Medical Group

Diplomates of the American Board of Allergy and Clinical Immunology
370 N. Wiget Lane • Suite 210 • Walnut Creek, CA 94598 • 925/935-6252
2305 Camino Ramon • Suite 225 • Bishop Ranch 11 • San Ramon, CA 94583 • 925/327-1450
5924 Stoneridge Drive • Suite 207 • Pleasanton, CA 94588 • 925/463-9400
350 John Muir Parkway • Suite 180 • Brentwood, CA 94513 • 925/513-3140
3010 Colby Street • Suite 118 • Berkeley, CA 94705 • 510/644-2316
1761 Broadway Street • Suite 203 • Vallejo, CA 94589 • 707/278-9360
www.bayareaallergy.com