



*The comprehensive care you need.  
The compassion & convenience you deserve.*

## **A Message To Our Patients Regarding the Coronavirus (COVID-19) and Our Policies and Procedures**

*The well-being and safety of our patients is our highest priority. Please be assured that we are following all guidelines and precautions suggested by the Centers for Disease Control and Prevention. We are receiving daily updates, and we will continue to monitor new information as it becomes available.*

*Most individuals with the COVID-19 infection will suffer nothing more than a transient, mild illness. However, pregnancy is a condition that can place patients at higher risk for more serious complications. With this in mind, we are approaching the Coronavirus with heightened concern, and we ask for your cooperation in protecting your fellow patients by adhering to the following guidelines:*

### ***Risks and Symptoms of the Coronavirus***

- **Symptoms:** Fever AND signs of lower respiratory illness, coughing, wheezing, difficulty breathing/shortness of breath
- **Risks:**
  - Travel to any of the following countries in the past month
    - China (Level 3 Travel Health Notice)
    - Iran (Level 3 Travel Health Notice)
    - South Korea (Level 3 Travel Health Notice)
    - Italy (Level 3 Travel Health Notice)
    - Japan (Level 2 Travel Health Notice)
    - Hong Kong (Level 1 Travel Health Notice)
  - Close contact with anyone with the Coronavirus

### **Gynecology Patients:**

*If you are experiencing any of the above symptoms on the day of your appointment, or if you have been feeling ill during the week leading up to your appointment, **PLEASE DO NOT COME TO THE OFFICE**, instead, call the office during normal hours at 281-359-7000 and select the appointments line. Alternately, you can send us a message via the patient portal. We will be happy to reschedule you to a more appropriate date. If you feel that the reason for your visit demands urgent attention, we can discuss the details with you and either offer alternative arrangements, or let you speak with your doctor's medical assistant.*

### **Obstetric (Pregnant) Patients:**

*If you are pregnant and experiencing the above symptoms, please call our office during normal hours at 281-359-7000 and ask to speak with the doctor's medical assistant to be assessed. **Do Not Come to the Office** without calling first. As always, if you feel very ill, or feel it is necessary for any other reason, please go to Labor and Delivery at Kingwood Medical Center for evaluation.*

**All Patients:** *We ask that you come alone in order to limit exposure to our other patients, staff, and physicians. If you have traveled within the last 30 days to any of the above-mentioned geographic areas, please call the office during normal hours at 281-359-7000 to reschedule your appointment.*

*Signs will be posted throughout the office and on our website to keep you informed. If you are at all concerned about any symptoms, your best course of action is to seek care at your primary care physician's office, or at a local hospital's emergency department.*

*We thank you sincerely for helping us to protect our other patients, staff, physicians, and the community.*

*--The Care for Women Physicians and Staff*

## How to Self-Monitor for the Coronavirus (COVID-19)

**Do health checks every morning and every night or anytime you feel like you may have a fever**

- ◆ Take your temperature
- ◆ Keep a daily log of your temperature
- ◆ Be alert for any other symptoms, such as shortness or breath/difficulty breathing or persistent cough.

**If you have fever, cough, or shortness of breath/difficulty breathing:**

- ◆ Do not go out in public.
- ◆ Avoid close contact with others.
- ◆ If you do have to be around other people, wear a mask.
- ◆ Seek medical advice if you are running fever AND respiratory symptoms, or in any situation in which you need medical attention.
- ◆ Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- ◆ Wash hands often with soap and water for at least 20 seconds to avoid spreading the virus to others. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains 60% to 90% alcohol. Always wash hands when they are visibly dirty or after coughing or sneezing or using the restroom.

## Local County Health Department Contact Information

### **Harris County Health Department**

713-439-6000

[houstonhealth.org](http://houstonhealth.org):

### **Montgomery County Health Department**

936-523-5026

After hours: 888-825-9754

### **Fort Bend County Health Department**

281-342-6414

After hours: 281-434-6494

### **Chambers County Health Department**

409-267-2731

After hours: 409-267-9862

[co.chambers.tx.us/page/coronavirus](http://co.chambers.tx.us/page/coronavirus)

### **Brazoria County Health Department**

979-864-2168

After hours: 800-511-1632

### **Galveston County Health District**

409-938-7221

After hours: 888-241-0442

[gchd.org/coronavirus](http://gchd.org/coronavirus)

## Quick Resources

### **DSHS COVID-19 Call Center:**

1-877-570-9779

### **Hours:**

7:00 am – 6:00 pm, Monday – Friday

**DSHS 24/7 Line:** (888) 963-7111

**Email:** [coronavirus@dshs.texas.gov](mailto:coronavirus@dshs.texas.gov)

### **How to contact your Local Health Department**

[Coronavirus Disease 2019 \(COVID\) Local Health Entities](#)

### **CDC Updates**

[COCA Calls](#)

[CDC News Releases and Health Alert Network \(HAN\)](#)

### **Global Cases**

[COVID-19 Global Cases](#) by John Hopkins CSSE

### **Texas Cases**

[COVID-19 Case Count in Texas](#)

### **TMA Knowledge Center**

Submit Your Questions to the [TMA Knowledge Center](#)

### **WHO Updates**

[Situation Reports](#), [China Joint Mission Report](#), and [MythBusters](#)