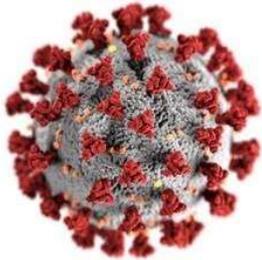




Life in the time of the time of the Coronavirus

When we first heard about the new Corona virus back in January many of us thought it would not impact us and our lives here in the Cayman Islands. What a difference a couple of months makes! Despite all the information constantly on our television screens and available on the Web, we have realized from talking to our patients they still have many questions – we are going to try and

answer some of them here and give you some other helpful information.



Our Team is Available

The first thing we want to remind you that our entire team is available to assist you with your medical needs

during this time. Our doctors are offering telemedicine consultations instead of face-to-face consultations. There is a charge for these consultations, ranging between \$40 and \$100 and we will bill your insurance. As with in-office consultations you may have out of pocket charges you need to pay i.e. you may have a deductible to meet or a copay for the encounter. You can make an appointment by calling 949-5600 or emailing admin@sevenmileclinic.ky or by text / WhatsApp to 916-2575. If you have a preferred doctor let us know and we will forward your message directly to her. Please provide us with a contact telephone number and your current insurance information so we can bill your insurance provider.

If you are a new patient, please indicate this so that we can send you a registration form to complete or visit our website www.sevenmileclinic.ky and complete the online registration form.

If your doctor thinks at the telemedicine consult you need to be seen in person they will refer you to the on-call doctor in the office who will wear personal protective equipment during the consultation to protect you and the physician.

Registered Dietitian consultations are also available for new and existing patients using telemedicine. **Ideal Protein** dieters, you can still purchase your food

supplies – email your coach for assistance and online coaching.

As part of the screening and testing of frontline healthcare workers for the virus the entire staff of the Clinic and CARE Pharmacy were tested and reported as negative.

We will continue to take all necessary precautions to maintain this status including the use of personal protective equipment and hand and respiratory hygiene in the office and during all patient interactions.

COVID-19 a.k.a. the Corona virus – Signs and Symptoms

One of the most common questions we get from our patients is about the signs and symptoms of the virus. Many of these are associated with other conditions so how do you know when to be alarmed.

The most common symptoms are:



Everyone has a different normal body temperature. You should be concerned if your temperature is above 37.8C or 100.4F. If you don't have a thermometer at home you feel hot to the touch if you put your hand on your chest or back. You may also feel warm, cold or shivery.



You should be concerned about shortness of breath if you could do something yesterday without becoming short of breath e.g. walking up a flight of stairs and today the same activity makes you short of breath.



Be concerned if you develop a new, continuous cough. This means coughing a lot for more than an hour or having three or more coughing episodes in 24 hours. If

you usually have a cough, it may be worse than usual.

There are other emerging signs and symptoms. The ones officially recognized on the Centers for Disease Prevention and Control (CDC) in the United States include:

- ✓ Loss of taste or smell
- ✓ Fatigue – you have the need to rest or sleep for many hours in the day.
- ✓ Muscle pain
- ✓ Headache
- ✓ Sore throat

COVID-19 is emerging as a disease that effects people in different ways and effects different body systems and organs in different people. It is possible to have symptoms in addition to the ones listed above and it is also possible to have none of those symptoms and still have the virus.

The signs and symptoms of COVID-19 are also those of other medical conditions so call your doctor so you can get an accurate diagnosis.

How does the virus spread?



People can catch coronavirus from others who have the virus. This happens when an infected person sneezes or coughs, sending tiny droplets into the air. These can land in the nose, mouth, or eyes of

someone nearby, or be breathed in. People also can get infected if they touch an infected droplet on a surface and then touch their own nose, mouth, or eyes.

FACTOID

When you cough droplets can travel up to 6 metres – that’s about 18 feet. A sneeze can travel even further, up to 8 metres or about 24 feet.

How to test for the virus



Currently, the only way to test for the virus in the Cayman Islands is a nasal-pharyngeal swab. This is a mucus sample from the nose and back of the throat. The test has limitations as it can only tell if you are infected at the time you have

the test. The Cayman Islands Government has established guidelines for testing – visit their webpage

at www.gov.ky/coronavirus for the current guidelines. If you have symptoms talk with your doctor.

Even though a swab has been collected from you, you are not “tested” until your swab has been analyzed using a special process and a result obtained.

Testing is available at both the Health Services Authority and Doctors Hospital

Ways to Reduce Your Risk of Developing COVID-19



Social Distancing

Social distancing is the practice of staying at least 6 feet or 2 meters away from other people.

Normally associated with people, the CDC now recommend that you practice social distancing with your pets including cats and dogs.



Stay Home

You are encouraged to STAY HOME unless you have a genuine reason to be out. It is important to exercise but remember to follow social distancing guidelines when exercising. It is especially important for you to STAY

HOME if you or anyone in your household is unwell or has been advised by a medical professional to self-quarantine or self-isolate. Communicate with friends and family who do not live in your household using social media such as FaceTime, WhatsApp, Zoom. It is important that we still limit our in-person interactions as much as possible.



Wash Your Hands

Handwashing with simple soap and water is one of the best and easiest things you can do to reduce your risk of developing the virus. Remember to get between your fingers, under your nails and up to your wrists.

The process should take about 20 seconds. If you do not have access to soap and water, use hand sanitizer with at least 60% alcohol.



Wear A Mask

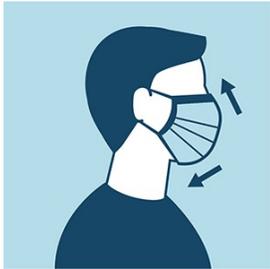
Wearing a mask when you are in public places is recommended. You do not need to wear a surgical mask – you can wear a cloth

covering. The CDC has advice on how to make and wear a cloth covering and a surgical mask.

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape. They should be washed regularly.

When removing the mask be careful not to touch their eyes, nose, and mouth when removing their face covering and wash hands immediately after removing.



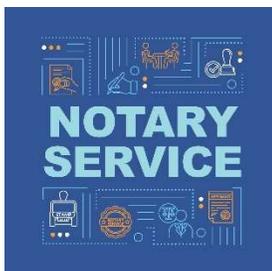
Clean

Regularly clean all surfaces in your home and workplace especially those frequently touched. The virus seems to live on surfaces and the time it can live on a surface depends on the surface.



Eat a Healthy Diet

Remember to continue to eat a well-balanced diet that includes elements of all food groups. Try and avoid empty calories e.g. from cookies and alcohol.



Notary Services

The Clinic is pleased to offer Notary Public services to its patients including virtual notarization of documents. For those of you requiring notarization of ID for the purpose of claiming your

pension this can be done for a fee of \$15. Please contact Christine Mathews, our Practice Manager, who is a Notary Public by emailing

cmathews@sevenmileclinic.ky for assistance.

Tips for working from home



Many of you are still working from home and struggling to share space with your pets and children.

It's important for everyone in the household to have a routine. Ensure you get up at the same time and dress in attire that you would be

willing to be seen in at the office. Have a dedicated work space and let children understand working hours and family time especially if they are having virtual lessons. Try not to get distracted by the tv, radio, pets or the urge to snack. Avoid alcohol during the workday. At the end of the day, engage in some form of exercise and family time so as to decompress and turn off from work.

Tips to reduce anxiety



Working from home, home schooling kids, social distancing, curfews and lockdowns can all be a bit stressful and lead to anxiety and fear.

If you are dealing with any of these emotions, it is

important that you address them. If you have an existing relationship with a mental health professional reach out to them as many are offering telemedicine consultations. Alternatively, reach out to your healthcare provider.

Things that you can do on your own is to limit the amount of time you are tuned in to the media or on the web researching COVID-19. While FACEBOOK is a good way to stay connected with friends which is important, try and avoid reading too much virus-related information there. This is also a good opportunity to do tasks around the house or maybe try a new hobby.

Its important to maintain a routine and to exercise daily. It may also be a good time to practice meditation and there are apps such as Calm and Headspace which are recommended by our team you can try.

To Contact the Clinic call 949-5600 or email admin@sevenmileclinic.ky or text / WhatsApp 916-2575 or visit our website www.sevenmileclinic.ky. Remember the CARE Pharmacy team are open to assist you – call 943-2273.