



Coronavirus (COVID-19) is a respiratory illness that can easily spread from person to person.

During this time of the coronavirus pandemic, everyone should be self-monitoring, wearing a mask in public places, and practicing good hygiene and social distancing.

Self-Quarantining

When you have been in close contact with someone who tested positive for COVID-19

- Do not leave the house or apartment you are in for 14 days.
- Stay 6 feet from any other people in the home.
- Have food delivered and left outside the room you are staying in (or outside the front door).
- Wash hands frequently with soap and water for 20 seconds or use hand sanitizer when soap is not available.
- Sanitize high-touch surfaces often (doorknobs, phone, etc.)
- Use a bathroom which you will not share with anyone else.

We are open Monday-Friday from 9am-5pm for tele-health (phone), tele-medicine (video), and in-person appointments. Please call us at 313-486-5501 to make an appointment.

For more information visit: [cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html)



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