

INFORMATION ABOUT CORONAVIRUS OUTBREAK

As part of Planned Parenthood's commitment to keep our communities safe, we're sharing recommendations to help limit the spread of coronavirus (COVID-19).

One of the best ways to prevent spread of infection is to limit contact with others, especially if you feel sick.

WITHIN THE PAST 14 DAYS, IF YOU HAVE...

- Had a fever or cough, shortness of breath, congestion, sore throat **OR**
- Been exposed to someone who may have or has COVID-19, **OR**
- Traveled to China, Iran, South Korea, Europe, or any other high-risk location

THEN, PLEASE RESCHEDULE YOUR APPOINTMENT

- Contact us through the patient portal on ppgngi.org or by calling 1-800-769-0045

Here's what we are doing in our health centers to address the coronavirus outbreak:

- As always, our health centers and exam rooms are cleaned thoroughly and regularly.
- Visitors and guests of patients are not allowed in our health centers except when absolutely necessary.
- We've removed magazines from our waiting areas, are sanitizing pens and frequently touched items, and are cleaning surfaces in our waiting areas several times a day.
- Tissues, masks, and hand sanitizer are available. We may ask you to wear a mask during your visit.
- We are practicing social distancing by staying at least 6 feet from people with respiratory symptoms.
- We're not shaking hands.
- Our health center staff may be wearing additional gloves, gowns, or masks during your visit.
- Staff who are sick are not allowed to work in our health centers. When possible, employees are working from home to reduce contact with health center staff.

If you feel sick and need sexual and reproductive health care:

- Contact us so we can determine a short-term plan to help until you are better.
- You may be able to get care online from the PPDirect app if you need birth control or have symptoms of a urinary tract infection. For more information, go to plannedparenthooddirect.org.

If you are ill and need medical attention, contact your primary care office, online health service, walk-in clinic, or urgent care near you.

More information is available at:

- CDC: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Washington: <https://www.doh.wa.gov/Emergencies/Coronavirus> or call the WA State COVID-19 hotline at 1-800-525-0127 and press #.
- Hawaii- <https://health.hawaii.gov/docd/advisories/novel-coronavirus-2019/>
- Idaho- <https://healthandwelfare.idaho.gov/COVID19/tabid/4664/Default.aspx>
- Alaska- <http://dhss.alaska.gov/dph/Epi/id/Pages/Human-Coronavirus.aspx>

