



# COVID-19 UPDATE

**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.**

**If you have...**

- Or have had, a fever AND a cough or shortness of breath, OR
- Recently been exposed to someone who may have or has coronavirus, OR
- Traveled to China, Iran, South Korea, or Italy in the past 14 days

**Then...**

- Please consider re-scheduling your appointment by contacting us via the patient portal, or our Patient Access Center at 1-877-714-1149.

**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 via the PPDirect app if you need birth control or have symptoms of a urinary tract infection. For more information, go to [plannedparenthooddirect.org](https://plannedparenthooddirect.org).

**What to expect at your Planned Parenthood appointment during the coronavirus outbreak:**

- Social distancing (staying at least 6 feet away from people with symptoms)
- Not shaking hands
- Health care workers may wear gloves, gowns, or masks if you have respiratory infection symptoms
- You may be asked to wear a mask during your visit
- We may offer to re-schedule your appointment
- If someone with you has symptoms of coronavirus, we may ask them to leave the health center
- At this time, we will not allow the patient's support friend/family inside the exam room with the patients

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

**More information and answers to questions about the coronavirus are available at:**

- Centers for Disease Control: [www.cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html)
- Washington state: [www.doh.wa.gov/emergencies/coronavirus](https://www.doh.wa.gov/emergencies/coronavirus) at 800-525-0127 (COVID-19 Hotline).