To Our Patients:

Due to the recent coronavirus outbreak, named COVID-19, we want to take steps to protect our patients, employees and their loved ones. As many of you may already know, most people (over 80%) who contract the virus can have mild to no symptoms at all and make a full recovery. People at greater risk of having severe illness include those who are greater than 65 years old and/or have health problems that affect the heart, lung, or immune systems. The goal is to prevent people from getting severe illness because of the risk of dying and the risk of overwhelming our healthcare system.

We all can play a part in preventing the spread of the virus to protect those most at risk. It is also important to prevent the speed at which the virus spreads. Rapid spread that causes a peak in infections can overwhelm the healthcare system and prevent severely ill people from receiving the care they need. The goal is to “flatten the curve” so we don’t see a peak.

In light of these concerns, we want to review steps we are taking at Modern OBGYN and steps that you can take individually.

We ask patients who have cold or flu symptoms to not come to the office. Please call and follow up with you Primary Care Physician or Urgent Care for these issues. If you are experiencing significant shortness of breath or difficulty breathing, please go to the nearest emergency room.

All patients who are seen in the office will be asked a brief series of screening questions.

We are asking employees who are sick to stay home and those exposed to a confirmed COVID-19 patient self-quarantine at home.

Employees that are potentially exposed to people with flu-like symptoms and are able to work from home will be asked to do so. This change may affect our efficiency. We ask for your patience.

We are spreading out the visit schedule to reduce crowding in our waiting rooms.

We are increasing the frequency and extent of our cleaning of the waiting room, workstations, and exam rooms.

We are exploring options to provide Telehealth for problems that do not require a visit. We will update you when that is available.

We ask that office visits and ultrasound exams are limited to the patient and one additional person.

If possible, please arrange so that children do not accompany you to the visit.

Children will not be allowed in the ultrasound exam room.

If you have been exposed to anyone who has been sick, but are not currently experiencing symptoms yourself, and are scheduled for a routine visit, we ask that you reschedule for a later date. Additionally, if you are uncomfortable coming to the office for a routine exam, please feel free to call and reschedule. Please call if you need refills of any medications or routine tests ordered.

You can call for a screening mammogram order if you are due, but we recommend you postpone this test unless it is to follow up a problem, such as a lump or pain.

If you are uncertain if you need to be seen or if you have special circumstances, please call our office.

The above actions are not at the direction of any government or public health officials. We understand these changes may have a significant effect on our patients and employees, and we apologize for any inconveniences and difficulties these actions may pose. We believe these are the right changes to make at this time for the health and safety of our patients, employees, and their families. Please do not hesitate to contact us if you have any questions or concerns.

Below, please find some additional information of how you can protect yourselves.

What you need to know about COVID-19

[**https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf**](https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf)

What to do if you are sick:

[**https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet.pdf**](https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet.pdf)

Coronavirus and pregnancy: <https://healthcare.utah.edu/healthfeed/postings/2020/03/coronavirus-pregnancy.php>

Additionally, in response to the public health risks imposed by the Covid-19 Pandemic, Beaumont Health System has issued a new policy for hospital visitors which we have attached. Our patients in the Family Birth Center and their newborn children remain among those at highest risk. Of note, no one under the age of 16 will be allowed to visit, except under extraordinary circumstances. Patients in L&D and the KCNB will be allowed one (1) support person. This support person must remain in the hospital room for the duration of the visit. After the visit has been completed, the visitor must leave the hospital and cannot remain in the waiting room, public areas or cafeteria.

We remind everyone that these restrictions have been put into effect to protect our patients, their visitors, and ourselves. At this point in time, social isolation and handwashing remain the strongest tools in preventing the spread of this viral disease. When the Public Health Departments and our Infectious Disease Specialists determine that it is safe to return to the standard practices of our Family Birth Center, we will do so. Until that time, we must all work together to protect our patients.

We appreciate you cooperation and understanding as we all work through this together.

Dr. Shoha, Dr. Fisher and the staff at Modern OBGYN