

**SISLEN & ASSOCIATES**

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Update on Coronavirus from Drs. Chang, Singh, Osborn, and Loughney,

As your health care provider we want to reassure you that we will continue to provide care to the best of our abilities during this COVID-19 pandemic.

We are now providing televisits to help you see your provider remotely through your smartphone or computer. To make a telemedicine appointment, please call our main number at (202) 296-0670 for a televisit.

If you feel that you need to be seen for symptoms such as fever, nasal symptoms, sore throat, cough, and/or breathing issues, or if you feel you may have COVID-19, please call us first for a televisit. This is a general measure to prevent further spreading of respiratory infections at the medical office, including COVID-19. We also no longer take walk-in appointments, especially if you have the symptoms above.

We also encourage televisits for other reasons, especially for those who are at risk of complications if infected by COVID-19. Complications may affect those who are 60 years old or older, those who have heart disease, high blood pressure, diabetes, or chronic respiratory issues. We still do in-office appointments, if you prefer, or if examination of the body is needed.

Each one of us needs to prevent the spread of COVID-19 to beat this pandemic and to reduce exposure to others. Please practice the following guidelines:

- Keep at least 6 feet apart from others when you are out of your home.
- Avoid close contact with people who are sick.
- Wash your hands frequently with soap and water or an alcohol based hand sanitizer.

- Cover your mouth and nose when you cough or sneeze by doing so into your elbow or a tissue and then throw the tissue away.
- Avoid touching your eyes, nose, mouth, or face, especially with unwashed hands
- Avoid leaving home for non-essential trips
- Use telework if possible

We understand that this is a very challenging time in our nation. We are here for you. If you have any question please contact us.

We are in this together,

Dr. Chang, Dr. Singh, Dr. Osborn and Dr. Loughney

Please see below for some helpful websites:

**District of Columbia**

<https://dchealth.dc.gov/page/health-notice>

**CDC**

<https://www.cdc.gov/coronavirus/2019-ncov/>

**Maryland**

<https://coronavirus.maryland.gov/>

**Virginia**

<https://www.virginia.gov/coronavirus-updates/>