

## Coronavirus (COVID-19) Update

At CommuniCare Health Centers' we are closely monitoring coronavirus. As always, the health of you and your family is our priority. You may worry about the spread of the coronavirus, also known as COVID-19. During this time of year, you and your loved ones may have cold and flu symptoms like runny noses, coughs and sneezes. Almost everyone with these symptoms will ultimately have the flu, a cold or even bad allergies.

If you are currently experiencing fever, cough or trouble breathing and believe you've been exposed to coronavirus, COVID-19 and are concerned, **please call us to schedule an appointment or speak to a nurse.** Please try to avoid walking into the clinic without calling first. When you call or come in for an appointment, please be prepared to answer additional health screening questions and help us in limiting close contact with others.

### PLEASE CALL THE LOCATION NEAREST TO YOU:

Davis Community Clinic (Davis) – (530) 758-2060  
Salud Clinic (West Sacramento) – (916) 403-2900  
Hansen Family Health Center (Woodland) – (530) 405-2800

When you call, we will connect you to a person who can answer your questions and help. We want patients with mild symptoms to know how to take care of themselves at home while directing patients requiring medical intervention to the most appropriate level of care.

### TO STAY HEALTHY PLEASE PRACTICE THE FOLLOWING:

- Wash hands frequently with soap and water for at least 20 seconds, especially:
  - Before eating
  - After going to the bathroom
  - After blowing your nose, coughing, or sneezing
- Cover your coughs and sneezes (using a thick tissue or your elbow, and then wash your hands)
- Avoid touching your face
- Avoid close contact with people who are sick
- Stay home when you are sick
- Call before coming to the health center

More information please visit: <https://www.communicarehc.org/coronavirus-news-and-updates/>

Thank you for your cooperation in keeping our community healthy!

Your partners in community health,

CommuniCare Health Center