

Dear Patients:

KSF Orthopaedics is aware of the situation regarding the coronavirus (COVID-19), and is taking steps to prepare our facilities for patients that have concerns about contracting the disease. Here is what we know:

Current knowledge on how COVID-19 spreads is based on what is known about early COVID-19 cases and what is known about similar coronaviruses. Most often, viruses are spread from person-to-person and this happens during close exposure (within 6 feet) to a person infected with COVID-19. Person-to-person spread is thought to occur mainly via respiratory droplets produced when an infected person coughs, or sneezes, similar to how influenza viruses and other respiratory pathogens spread. These droplets can land in the mouths, noses, or eyes of people who are nearby or possibly be inhaled into the lungs. It is currently unclear if a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.

At this time, we are asking patients that are ill to reschedule their appointments until they are no longer symptomatic. Symptoms of COVID-19 are similar to a cold/flu such as fever (temperature above 100.4), cough, frequent sneezing, runny nose, and difficulty breathing. If you have any of these symptoms, please reschedule your appointment until the symptoms have passed.

Here are some tips to help prevent the spread of the disease:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. Wash your hands well after.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.
 - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
 - ****Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others.****
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
 - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

We at KSF are monitoring the situation and will do what is in the best interest of our patients to ensure their safety and the safety of the staff caring for our patients. If you have any questions or concerns, please contact the office at 281-440-6960.