



March 23, 2020

To our Good News Community Health Center Family,

We are committed to the health and wellness of each of you and the community. With the development of COVID-19, we are following the CDC recommendations to support social distancing in order to protect our at-risk patients and community members. We are encouraging all our patients and staff to stay home and limit ALL non-essential travel to help slow the spread of COVID-19. This will ensure in the coming months our hospitals will have the capability to care for anyone (including you and your loved ones) that may become severely ill and require hospital care.

Our office will be **CLOSED to all in-person appointments** and will stay closed until *social distancing* restrictions are lifted region wide. During this time, providers will be available for **scheduled telephone appointments and check-ins**. These appointments will be available to address existing health conditions, acute medical advice (in regards to potential COVID-19 exposure, etc.) and medication refills.

**We strongly urge all *established* patients to sign-up** (with family assistance, if necessary)  
**for our Patient Portal at <https://17909.portal.athenahealth.com> for English**

**OR**

**<https://es.portal.athenahealth.com/sd17909/?CSRFPROTECT=NONE> para Español**

**This will be the *fastest* way to ask non-urgent questions *directly* to your provider.**

As always, if you have an emergency or are in need of urgent medical attention, please call your local Urgent Care, ER or 911.

Please practice **good self-care habits** during this time:

- a. Wash your hands frequently with soap for at least 20 seconds
- b. Don't touch your face
- c. Cover your sneeze or cough with a tissue and then throw the tissue away
- d. Get adequate rest and fluid intake
- e. Eat a healthy diet that will boost your immune system
- f. Follow current social distancing practices (6 feet), as recommended by the CDC
- g. If you are in the high-risk group such as an older adult, or have a serious chronic medical condition such as heart disease, diabetes or lung disease, the CDC urges you to take extra care and avoid leaving your home for non-urgent needs.

We are monitoring the recommendations from Center for Disease Control and Prevention (CDC) and Oregon Health Authority (OHA). We will adjust in light of new information as it comes forward from our governmental agencies and we will inform you of those adjustments.

We pray for blessings and good health upon you and all those you love,

Your Good News Community Health Center staff and volunteers

*We have all seen how quickly "life as we know it" can change.*

***We are encouraged by having an unchanging GOD!***

*Psalm 136:26 reminds us that we serve a God who has steadfast love for us that endures forever.*