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To our Good News Community Health Center Family,

We are committed to the health and wellness of each of you and our 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 and help to slow the spread of COVID-19. This will ensure in the coming months that our hospitals will have the capability to care for those that becomes severely ill and require hospital care.

We will be utilizing telehealth appointments whenever possible. These appointments will be available to address existing health conditions, acute advice (including COVID-19 related questions) and medication refills. The clinic is closed to walk in appointments, please call to schedule an appointment. Clinic staff may under specific guidelines arrange a time for patients to come into the clinic for urgent needs. We strongly urge all patients to sign up for our Patient Portal to ask non-urgent questions to your provider.

As always if you have an emergency or need urgent medical attention, please call your local urgent care, ER or call 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
- e. Eat a healthy diet that will boost your immune system
- f. Follow social distancing practices 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 Centers for Disease Control and Prevention (CDC) and Oregon Health Authority (OHA).

We pray for blessing and good health upon you and all those you love.

It has become apparent how quickly "life as we know it" can change. We are encouraged by an unchanging God. Psalm 136:26 reminds us that we serve a God who has steadfast love for us that endures forever.