This is another update regarding our office and COVID-19.

First of all, thank you for all the thoughts and kind words given to us in the office these last couple of weeks. We want to continue to be available to see people during this trying time. However, we are operating with a smaller staff, and much of their time is spent on the phone answering questions about COVID 19. Please be aware that because there is such a massive amount of information coming out about the virus, it is difficult to answer all your questions about things that have made just come out in the news. If you have questions about specific testing or treatment, please refer to reliable sites such as <https://www.cdc.gov/coronavirus> or for more local news about the virus, <https://www.kpbs.org/news/coronavirus>. As more important information comes out, I will continue to update you with emails. To answer one of the most common questions that has been coming in so far:

- There are still no medications available to prevent or treat COVID 19, even though there are some preliminary studies regarding antivirals and chloroquine or hydroxychloroquine with or without azithromycin. These have NOT been shown to prevent the disease, but they are being used experimentally to see if they help people who are hospitalized with COVID 19, and not in people that may be diagnosed with it and have mild symptoms. Please do not ask the office for a prescription of any of these medicines to use “just in case.”

With regards to our office, we are now recommending patients over 65 years of age with any underlying medical conditions delay their preventative physical exams completely and change their routine follow-ups to virtual visits. If you have a medical problem that requires a physical examination, you should still come in. We are still seeing patients under 65 for their physical exams, and anyone can use telemedicine visits if they choose. We have found that the app Zoom seems to be a better method to conduct these visits as we had some problems with Skype, so please download Zoom if you would like to set up a virtual visit. We are still in the process of setting up a secure messaging platform with Chiron Health, but it will take a couple of weeks.

Finally, as there has been such a dramatic decrease in the number of patients coming in to the office, we will TEMPORARILY BE CLOSING OUR OFFICE ON FRIDAYS, beginning this Friday, March 27. We anticipate this will only be for a few weeks, and we will re-open on Fridays as the demand increases. If you will be needing refills on medications over the weekend, please make sure you contact the office by the middle of the week.

In the meantime, clean you hands often, keep out of groups of people, and stay healthy!