

Coastal Health Alliance
Coronavirus Update #2
March 23, 2020

Dear patients,

As the COVID-19 pandemic spreads, we at the Coastal Health Alliance are ramping up our support of our patients, our community, and our staff, and preparing for the possibility of a dramatic rise in cases here in West Marin, as has been seen elsewhere in our region and country.

Thank you for doing your part by strictly social distancing. Our ability to safely care for people as they become ill is greatly helped by everyone, young and old, staying home, taking walks locally, refraining from gathering with friends in person, and being vigilant when out on essential business or errands to stay separated by at least 6 feet.

We are putting procedures in place to support your health and safety and to prepare ourselves and our patients for the possibility of the virus spreading through West Marin. We appreciate your understanding.

We have:

- Shifted all non-urgent appointments to telephone appointments. This protects you from potential exposure, and medical staff, too. In-person appointments are available in Point Reyes when needed.
- Closed Bolinas temporarily to reduce the risk of community transmission and protect the health of medical staff. Having a rotating skeleton crew in one site (Point Reyes) allows us to ensure the healthiest workforce and your access to care.
- Closed the dental office for now

This week we are:

- Exploring alternative venues for care to ensure patients who are suspected of having COVID-19 remain separate from other patients.
- Working closely with Marin County Department of Public Health to ensure testing can happen in West Marin as soon as possible.
- Reaching out to our highest risk patients to encourage flu and pneumonia immunizations if needed. While not protective against COVID-19, these do decrease the risk of other serious respiratory illnesses and potentially keep people out of the hospital.
- Reaching out to our patients with chronic conditions to get optimal control of blood sugar, blood pressure, and heart and lung conditions. Uncontrolled chronic conditions put people at greater risk of becoming critically ill from the virus.

Please help us help you by:

- Strictly adhering to social distancing and handwashing.

- Taking good care of yourself and your immune system: get good sleep, eat an anti-inflammatory diet, avoid sweets and processed food, practice relaxation, stay connected to friends and family over the phone or by email).
- Calling your pharmacy or the clinic if you need refills on medications.
- Making a phone appointment to discuss your diabetes, high blood pressure, or asthma if these conditions are not “in good control”.

We are all in this surreal and challenging situation together. Please remember the importance of kindness and compassion and take good care of yourself.

With care,
Steve Siegel, CEO
Frances Grau Brull, Director of Clinical Operations
Anna O’Malley, MD
Coastal Health Alliance