SAFETY PRECAUTIONS FROM OUR EXPERTS

1. Ensure you have enough medications to manage your condition.
2. Take necessary precautions to prevent the spread of infection that can possibly make your condition worse.
3. Contact your provider if you exhibit any of the following symptoms.

COVID-19 SYMPTOMS

- Shortness of breath
- (Dry) cough that gets more severe over time
- Low-grade fever that gradually increases over time
- Fatigue
- Throat pain
- Nausea or vomiting
- Diarrhea
- Headache
- Sore throat
- Chills
- New loss of taste or smell

Stay home and limit contact with others (social distancing)
Arrange a way to get healthy food delivered
Find creative ways to exercise at home
Practice good hygiene by washing your hands and sanitizing surfaces regularly
Keep your hands away from your face, particularly your eyes and mouth
Find a “go-to” person whom you’re in touch with routinely
If possible, maintain a 3-month supply of medications and supplies
Quit smoking or vaping as this can increase the risk of complications if the virus is contracted
Stay positive and find ways to de-stress

Editors:
Deena Adimoolam, MD
Grazia Aleppo, MD, FACE, FACP
Margaret Eckert-Norton, PhD
Caroline Davidge-Pitts, MBBCH

Healthcare providers have increased access to telehealth options, which can be helpful if you are exhibiting symptoms and want to stay safe at home, or if you are feeling anxious and want to talk to a professional.

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COVID-19 (CORONAVIRUS) TOGETHER WE CAN SLOW THE SPREAD

DIABETES. HEART DISEASE. LUNG DISEASE. CANCER. KIDNEY DISEASE. RARE GENETIC DISORDERS.

If you are living with one of these underlying endocrine disorders, then you are considered high-risk for complications with COVID-19. Protect your health with these recommendations.

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