

Stowe Personalized Medical Care

3/29/2020 COVID-19 update from Dr. Bisbee

Corona virus update in Vermont (3-29-2020): 3,701 tests have been done in Vermont. There have been 235 positive tests and 12 deaths. Lamoille County has had 12 positive test cases. People are taking this very seriously as schools are closed for the rest of the year and there is near universal adherence to the 6 foot social distancing rule. Restaurants are closed, business should be closed if they are not deemed essential. The more we do now the quicker we can return to normal life in Vermont.

Community helpers: Check out the **Stowe Outreach COVID 19 Team** call Leslie Anderson 802-253-8547 ext. 16 for the Stowe area. Take a look at **Hyde Park Helpers of Vermont-Mutual Aid** and **Helping Hands of Lamoille County** on Facebook.

Office Hours: The office phone is answered 9:00 to 5:00 Monday through Friday. Office staff and Dr. Bisbee will be available to help anyone by phone. The office is locked and you should call ahead with your cell phone as many things can be taken care of by telephone.

Appointments: Routine and non-emergent office visits are canceled. We will call each patient to discuss by phone. Well visits, such as follow-up for hypertension and diabetes, physicals, and all other routine appointments will be canceled. Arrangements can be made for video or phone visits with Dr. Bisbee.

Staff update: Oana Louviere, SPMC Office manager, and her husband Paul welcomed their twins into the world on 3-29-2020. Bianca and Alex are doing well.

Who should go to the Emergency Room? If you have a life threatening medical issue such as a heart attack or stroke, call 911 and go by ambulance without delay. Do not go to the hospital if you have a respiratory illness, cough, fever, or sore throat. Call your PCP first to discuss. If you don't have a PCP you can call the phone number (802-888-8642) to discuss your situation.

Non-emergent office visits: When the patient does not have cough, fever or cold symptoms, we can arrange for you to be seen in the office. Examples of this type of visit would be routine blood draws, PT/INR, allergy shots, Vitamin B 12 injections, Office testing for UTI and strep throat can be arranged. Visits by appointment only so we can be fully prepared. Well visits and physicals should be delayed until sometime in the future.

Infection appointments: If you have cough, fever, chills, or any signs and cold symptoms, you should call the office or call Dr. Bisbee's cell phone. Many of these things can be taken care of over the phone. If you need to be seen we will make arrangements to see you outside of the office. A "car visit" can be arranged in the parking lot of the office.

Testing for Corona Virus: Testing for Corona virus is available when it is medically appropriate. You can call Dr. Bisbee to discuss your particular situation. Do not go to the hospital to get tested without calling Dr. Bisbee. We will make arrangements for you if medically indicated.

House calls: Dr. Bisbee will do house calls and will wear protective mask and gloves. If the patient is suspected of having Corona virus, Dr. Bisbee will wear full personal protective equipment (PPE). Dr. Bisbee will always call ahead to make sure he has what he needs to do your house call.

General recommendations: Patients should stay at home as much as possible except to go to a grocery store or to pick up your prescription at a pharmacy. Do not have friends and family over for dinner. Stay 6 feet away from another person. Wash hands frequently for at least 20 seconds each time with soap and water. Avoid touching your face, your eyes, nose with unwashed hands. Avoid contact with people that are sick. Clean and disinfect objects and surfaces using regular household cleaning spray or wipes.

What Healthcare appointments should I cancel: You should put off elective surgeries. Routine appointments with specialists should be canceled. Your specialist will likely be re-scheduling your appointments for a later time and/or set up a video telemedicine visit. You should cancel routine dental appointments. You may need to see a dentist if you have a dental emergency. Postpone physical therapy, massage therapy, acupuncture. You probably should cancel routine chiropractor appointments.

Grocery store recommendations: 1. Go shopping when there are fewer people 2. Buy enough groceries for 2 weeks so you can avoid multiple trips 3. Wear gloves or plastic bags over your hands while in the store 4. Don't handle food and packages, look at it and only pick it up if you are going to buy it 5. Remember the "6 foot rule" (the aisles are only 8 feet wide) 6. Be kind to others and only buy what you need so others can get what they need.

What activities can I do? Walking outside is an example of a safe activity when done by yourself or with your partner. Don't arrange to meet friends and walk 6 feet apart as this is not likely to work. Being out in fresh air is a good thing. Always stay more than 6 feet away from other people you meet out on your walk.

Should I wear Personal Protective Equipment (PPE)? If you are sick you should not be out of your home. All the experts say that you should not wear a mask or valuable protective equipment when you go out in public. Having a mask can increase your need to touch your face and adjust your mask and a mask does not protect you from Covid 19 virus. If you have gloves, masks and gowns you might consider donating them to the hospital, the nursing home, and Home Health to protect the nurses and health care workers who are most likely to be in close proximity to Covid-19 patients.

After hours: All Stowe Personalized Medical Care patients have Dr. Bisbee's personal cell phone and email and they can text or call him anytime they have an urgent medical problem.