

March 23<sup>rd</sup>, 2020

The current pandemic of COVID-19 is present in Orange County. A local emergency was declared on Feb. 26, 2020 by the Orange County Board of Supervisors. There is now evidence of community transmission, indicating that COVID-19 is likely spreading in the community.

The Orange County Public Health Department has determined that high-risk populations which include older adults (ages 65 and higher) as well as people who have serious, chronic medical conditions (like heart disease, diabetes and lung disease) are at higher risk for contracting COVID-19. **These individuals should self-isolate at home.**

Symptomatic patients are being asked to self-quarantine for 14 days from onset of symptoms. COVID-19 testing is limited at this time and cannot be done for all patients.

In addition, everyone should continue to practice good health hygiene which includes washing your hands, staying home if you are sick, avoiding close contact with people who are sick and covering your cough or sneeze with a tissue or your sleeve (not hands).

This letter serves as documentation that the PAs, NPs, and physicians of Mission Heritage Medical Group recommend all patients follow the above recommendations. We are unable to provide personalized letters to that effect at the time of this national emergency.

Thank you in advance for your assistance.

Physicians of Mission Heritage Medical Group