



## **Coronavirus (Covid-19) Policy**

The CFCC is waiving penalties for missed, canceled, or rescheduled appointments due to illness during this time. We ask anyone who is sick with fever or respiratory symptoms to please stay home. We can reschedule or may be able to offer you a telehealth appointment via our HIPAA compliant platform in lieu of an in-person appointment. We are also taking care to wipe down and/or spray surfaces in our clinic throughout the day and have provided hand sanitizer in our waiting rooms.

Remember that the same steps we take each day to help prevent any respiratory infection, whether it's influenza or a common cold, continue to apply: 1) Wash your hands often with soap and water for at least 20 seconds. 2) Avoid touching your eyes, nose, or mouth with unwashed hands. 3) Avoid close contact with people who are sick.

Some helpful tips from the American Psychological Association on consuming information and managing anxiety regarding the coronavirus:

1. Keep things in perspective. Take a deep breath and remind yourself that most people who contract COVID-19 will only experience mild symptoms. Work is being done to help people who may be more vulnerable to the coronavirus, such as senior citizens and those with underlying health conditions. The fact that coverage is increasing on this issue does not necessarily mean that it presents an increased threat to you or your family.
2. Get the facts. It is helpful to adopt a more analytical approach as you follow news reports about the coronavirus. You will also want to verify information that you receive from family, friends or social media. The U.S. Centers for Disease Control and Prevention has a [webpage dedicated to information on the coronavirus outbreak](#). You may also find useful, reputable information from local or state public health agencies or even your family physician.
3. Communicate with your children. Discuss the news coverage of the coronavirus with honest and age-appropriate information. Parents can also help allay distress by focusing children on routines and schedules. Remember that children will observe your behaviors and emotions for cues on how to manage their own feelings during this time. You may want to limit how much media they consume to help keep their anxiety in check.
4. Keep connected. Maintaining social networks can foster a sense of normality and provide valuable outlets for sharing feelings and relieving stress. You can maintain these connections without increasing your risk of getting the virus by talking on the phone, texting or chatting with people on social media platforms. Feel free to share useful information you find on government websites with your friends and family. It will help them deal with their own anxiety.
5. Seek additional help. Individuals who feel an overwhelming nervousness, a lingering sadness, or other prolonged reactions that adversely affect their job performance or interpersonal relationships should consult with a trained and experienced mental health professional. Psychologists and other appropriate mental health providers can help people deal with extreme stress. These professionals work with individuals to help them find constructive ways to manage adversity.