

As of March 26th, 2020 there have been no positive cases in Dallam or Hartley Counties. Please continue to practice social distancing and washing your hands. DHCHD has the ability to swab patients, for COVID - 19, and send tests out with an estimated turnaround time of 5-7 days. We are in the process of bringing testing abilities into our lab in order to shorten the turnaround time to 1-2 days.

Chief of Medical Staff, Dr. Randy Herring, has guidelines for our community to follow:

1. If you have mild symptoms, such as sore throat, cough, and fever you can try over the counter medications to control these. If you are unsure what over the counter medications to take you may call your pharmacist for advice. If you have health insurance, they often offer a nurse hotline that may be available to you.
2. Remember it is also allergy season. Some allergy symptoms are similar to COVID-19 symptoms. Please try over the counter allergy medications to relieve allergy symptoms.
3. If you have severe symptoms such as dehydration, shortness of breath or confusion, you need to be seen by your physician or report to the Emergency Room.
4. Limiting Risk Factors: hand washing, social distancing, stop smoking, control blood glucose, and other chronic conditions as your provider recommends.
5. If you are high risk, have items you need be brought to you by an outside source, such as a family member, neighbor, or caregiver.
6. Quarantines are stressful situations that can cause conflict between friends and family members. Enjoy some sunshine and take a walk, or grab a lawn chair and sit outside, while keeping social distance. These things can help ease stress and tension.
7. If you do need to come to the clinic, only the patient and a caregiver or guardian should come. If you can come by yourself that is best. For example: If you have one sick child and three healthy children please find other care for your three healthy children while you bring the sick child to see their provider.
8. Please remember DHCHD is a rural facility with limited supplies. We will be preserving our resources for the critically ill.

DHCHD will be updating the public on changes within our District via KXIT Radio at 94.5 FM, and our Facebook page @coonmemorial, tune in or follow us on Facebook for the latest updates. Centers for Disease Control and Prevention is a good resource for information regarding the best plan of action for your safety, visit their website at <https://www.cdc.gov/>. If you have more questions, please feel free to message our Facebook page.

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For Immediate Release

4/2/20

DHCHD is now offering telemedicine appointments as an option to receive healthcare in your home. We would encourage you to use these options instead of coming to the clinic in person, for everyone's safety. DHCHD is providing adaptive healthcare to serve the needs of the community. We feel this is the best option for patient and provider safety during this time. The clinics will still be open, but we encourage you to use telemedicine.

There are three options for DHCHD Telemedicine.

- **Walk-in Clinic Telemedicine:** Please call 806.244.5668 to set up an appointment time to see our walk-in clinic provider.
- **Regular Clinic Telemedicine:** Please call 806.244.5668 to set up an appointment time to see your regular healthcare provider.
- **Emergency room Telemedicine:** Call 806.244.9251 after clinic hours to connect to an Emergency Room provider. This will be available on Monday, April 6th.

DHCHD Telemedicine:

- You must have a smartphone or a device connected to your home internet to do telemedicine.
- You can download the Zoom App before calling to set up your appointment to make the process smoother.
- After the call, a link will be sent to your email or through a text message, whichever you chose.
- The link will connect you to your provider during the appointment time. If you need help setting up the link, DHCHD will assist you.
- You can also call 806.244.5668 to schedule an appointment to speak to your doctor over the phone if you do not have any devices that can do a video call for telemedicine.

As of April 1st, 2020 there have been no positive cases in Dallam or Hartley Counties. Please continue to practice social distancing and washing your hands. DHCHD can swab patients, for COVID - 19, and send tests out with an estimated turnaround time of 5-7 days. We are in the process of bringing testing abilities into our lab to shorten the turnaround time to 1-2 days.

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