

**District Medical Group's Clinic Services Regarding COVID-19**

The health and safety of District Medical Group (DMG) Clinic patients, families, providers and staff is our highest priority. DMG is committed to serving the needs of our patients during times of public health disruption.

**Tips on taking care of your health and protecting others:**

**Wash your hands frequently.** Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hand.

**Avoid touching your eyes, nose and mouth.** Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

**Practice respiratory hygiene.** Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately. Droplets spread virus.

By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.

DMG is actively monitoring information about the coronavirus (COVID-19). Based on recommendations from the Centers for Disease Control (CDC) and the Arizona Department of Health Services (ADHS) we will keep our patients, families, providers and staff informed. In addition, we are complying with CDC best practice recommendations to ensure a safe and sanitized environment at all locations.

The Arizona Department of Health Services website, <https://www.azdhs.gov/>, is the best resource regarding health events in Arizona. The CDC's website has the latest update on the virus with recommendations for prevention. The site can be accessed at <https://www.cdc.gov/coronavirus/2019-ncov/>.

Thank you,

David Wisinger, MD

**David Wisinger, MD**  
Chief Medical Officer  
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