

**For the safety of our patients and our staff at Karu Medical Associates we are working to mitigate the threat of COVID-19 (Coronavirus).**

**Please follow the local and national news for the latest information on COVID-19 or go to <https://www.cdc.gov/> or [Saginaw County Health Department](#).**

**We offer virtual visits to anyone with respiratory symptoms. Virtual visits via DOXY.ME on your smart phone and this is the preferred option. With that, we can have an audio-video connection. We could also do a telephone visit in some limited circumstances.**



**When you arrive at our office, wear a mask, complete our screening protocol and please observe our hand washing precaution by washing your hands well with soap and warm water for 20 seconds. We all have heard about singing “Happy Birthday” twice; you can use this tip to help time out the 20 seconds necessary for proper hand hygiene.**

**Masking is one of the main ways to minimize exposure and we encourage you to wear your mask, avoid close personal contact with others by staying at least six feet away from other individuals, and avoid large gatherings of people. Remember to cover your cough and sneezes and avoid touching your face.**

**We encourage you to get a COVID vaccine and the booster shot. Please contact our office if you have questions if the vaccine is right for you.**

**Elderly individuals, people with chronic diseases and are immune compromised are at highest risk for the coronavirus. Recommendations are to try to remain at home.**

**If you are exposed to someone with COVID you need to follow [Quarantine Guidelines](#).**

**For more detailed information, please feel free to reach out to the office by Follow My Health or calling our office.**

**We ask for your cooperation in this ever-changing public health threat. We are following the recommendations of the Center for Disease Control and other public health agencies for updates concerning this pandemic.**

**As always, to your good health,**

**Karu Medical Associates**