

# NEWSLETTER

During these unprecedented times, we want you to know – we are here for you. You can continue to reach us via phone or the Banner Patient Portal as you already do.

Until further notice, we have stopped routine in-person clinic visits. Instead, we will conduct video or telephone visits, also called “Tele-Health Visits,” during your scheduled visit. Before your visit, you will receive a phone call to discuss the logistics for your upcoming visit. If there are reasons that you need to be seen in person, we can still arrange for this,

otherwise your visit will be completely virtual. We are not doing spirometry or cultures, and you only need to get lab work done if specifically instructed to do so.

If you are sick – please contact our clinic as you normally would. We will consider an in-person visit or alternative treatment plan on a case-by-case basis.

If you suffer a health emergency, please call 911 and go to the emergency room.

## COVID-19 BASICS

### What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

### How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

### What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of fever, cough, shortness of breath.

### How can I help protect myself?

People can help protect themselves from respiratory illness

with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

### Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

### Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

All of this Information is pulled directly from <https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>. Please go to [www.cdc.gov](http://www.cdc.gov) for more information.

## COVID-19 AND CYSTIC FIBROSIS

The Cystic Fibrosis Foundation (CFF) has compiled frequently asked questions and answers to address many of the CF community’s concerns.

Please visit the following link to read the FAQs: <https://www.cff.org/Life-With-CF/Daily-Life/Germs-and-Staying-Healthy/>

[What-Are-Germs/COVID-19-Community-Questions-and-Answers/](#)

If you would like to talk to someone at the Tucson CF Center about specific concerns you have, please call clinic or message the team through the Banner Patient Portal.



PEDIATRIC PULMONARY CENTER

## STAY CONNECTED AND INFORMED

We understand this is an unsettling time. We want to provide an opportunity for our local CF community to come together during this time. Here's how:

### **Virtual Support Groups - Every Thursday:**

We are hosting weekly Zoom video calls on Thursdays from 5-6PM for an informal discussion each week. This is a time to share, connect, and interact with others in our local CF community.

Join us via Zoom by downloading the Zoom app on your phone, tablet or computer. Then, go to the following link: <https://uahs.zoom.us/j/427198912>, or by opening the app and entering 427-198-912 into the "Meeting Room" field.

### **Facebook:**

Please join the Tucson CF Community Facebook page at [www.facebook.com/groups/tucsoncffamilies](http://www.facebook.com/groups/tucsoncffamilies) to get event updates and connect with others in the community.

### **Email Sign up:**

If you are interested in getting e-newsletters from the CF team about local CF events and clinic updates, please email [ajsharpe@email.arizona.edu](mailto:ajsharpe@email.arizona.edu), and we will add you to our distribution list.

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