



## Coronavirus Update

We at Pinnacle Women's Center want to keep our patients informed of new procedures and protocols taking place at our office and both Thunderbird and Arrowhead Hospitals in order to keep our patients and their families healthy and safe during this evolving process.

- We will be doing our best to keep the most up to date recommendations posted as this situation is fluid and things will continue to evolve.
- **Effective 4/23/20: PWC is asking patients to please remain in their vehicles when arriving for their appointment. Please text your first name and first initial of your last name to: (623) 687-8637 upon your arrival. You will receive a text back when your Medical Assistant is ready to room you.**
- **In order to continue to maintain social distancing we will allow only one support person to accompany patients to their appointment. THIS INCLUDES ULTRASOUNDS.**
- **Please do not bring children to your appointment.**

- We recommend rescheduling non-essential visits, such as annual exams, to a later date for patients 60 years and older.
- In an effort to protect the health and safety of our patients we will also be offering telemedicine services to our patients. Please call our office and our staff will schedule a telemedicine visit and provide you with the detailed instructions to conduct your appointment. **Please note, not all visits can be addressed through telemedicine.**
- At this time both hospitals do offer testing but there is criteria that has to be met to be tested for the coronavirus.
- Signs and Symptoms of disease:
  - Fever
  - Cough
  - Myalgia(muscle pain) or Fatigue
  - Shortness of breath
  - Other less frequent symptoms: sore throat, headache, productive cough, hemoptysis, nausea, diarrhea
- **As we try to keep our patients and families healthy and safe please reschedule your appointment if you are experiencing any of the symptoms listed above.**

## Arrowhead Hospital:

- 1 support person per patient, including laboring patient that will receive an ID band and will be nontransferable.
- Approved visitors will be required to wear a mask at all times in the facility. It will be issued at entry.
- All patients and visitors will be screened on arrival for recent travel, symptoms and have their temperatures checked at the door.

## Thunderbird Hospital:

- **Effective 7 a.m. on Thursday, March 19, 2019: Banner Thunderbird will no longer allow visitors in the hospital. There will be two exceptions:**
  1. Laboring mothers may have one support person with them in **OB Triage or Labor & Delivery only**. No visitors in Antepartum, Postpartum or Outpatient for cervical ripening.
  2. Maternity patients need to enter the hospital at the North Entrance. The only open entrances will be the Emergency Room Department and the North Entrance.
  3. Pediatric patients (under the age of 18) may have one adult support person with them.

## More Information on coronavirus:

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>

<https://www.acog.org/-/media/Practice-Advisories/COVID-19-Algorithm5.pdf?dmc=1&ts=20200316T0133579724>

## How to Prevent the Spread:

[https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fsteps-when-sick.html](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fsteps-when-sick.html)

## Questions about Travel:

### Within the US:

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html>

### Outside the US:

### High risk countries

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html>

Countries that have a [Level 3 Travel Health Notice](#) (widespread, ongoing transmission):

- China
- Iran
- South Korea
- Europe (Schengen Area): Austria, Belgium, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Slovakia, Slovenia, Spain, Sweden, Switzerland, Monaco, San Marino, Vatican City
- United Kingdom and Ireland: England, Scotland, Wales, Northern Ireland, Republic of Ireland