

FOR ELECTRONIC DISTRIBUTION

Dear Valued Prospect Medical/ProMed Health Patient,

As we are hearing more states plan for re-opening our communities, we wanted to provide you with some helpful reminders.

CDC recommendations on preventing getting sick

The Centers for Disease Control has a lot of useful information! The following is some guidelines on what everyone should be doing to help promote the stop of the spread of COVID-19 <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

Everyone Should

- Wash your hands often with soap and water for at least 20 seconds
 - Hand sanitizer can be used if you cannot wash your hands
 - Avoid touching your face, eyes, nose and mouth
- Practice social distancing – 6 feet away from other people whenever possible
- Cover you mouth and nose with a face cover when in public or around others
- Face covering should –
 - fit snugly but comfortably against the side of the face
 - be secured with ties or ear loops
 - allow for breathing without restriction
 - Cover your nose and mouth
- If you have a cloth face covering,
 - Wash the cloth face cover often
 - include multiple layers of fabric
- If you are using a disposable face mask,
 - Should be worn once and thrown in the trash
 - Remove or replace mask if it becomes wet or moist

How to put on a Face mask/cover

- Clean your hands with soap and water or hand sanitizer before touching the mask.
- Follow the instructions below for the type of mask you are using.
 - *Face Mask with Ear loops:* Hold the mask by the ear loops. Place a loop around each ear.
 - *Face Mask with Ties:* Bring the mask to your nose level and place the ties over the crown of your head and secure with a bow.
 - *Face Mask with Bands:* Hold the mask in your hand with the nosepiece or top of the mask at fingertips, allowing the headbands to hang freely below hands. Bring the mask to your nose level and pull the top strap over your head so that it rests over the crown of your head. Pull the bottom strap over your head so that it rests at the nape of your neck.
 - Mold or pinch to the shape of your nose.
- If using a face mask with ties: Then take the bottom ties, one in each hand, and secure with a bow at the nape of your neck.
- Pull the bottom of the mask over your mouth and chin.

How to remove a Face mask/cover

- Clean your hands with soap and water or hand sanitizer before touching the mask. Only touch the ear loops/ties/band.
- Follow the instructions below for the type of mask you are using.
 - *Face Mask with Ear loops:* Hold both of the ear loops and gently lift and remove the mask.
 - *Face Mask with Ties:* Untie the bottom bow first then untie the top bow and pull the mask away from you as the ties are loosened.
 - *Face Mask with Bands:* Lift the bottom strap over your head first then pull the top strap over your head.
- Throw the mask in the trash if disposable. If the Face mask is cloth, place it in a plastic bag until it can be cleaned.
- Clean your hands with soap and water or hand sanitizer.

Helpful Resources for Face Coverings

- Link to CDC guidelines and recommendations for wearing face coverings, and CDC instructions for homemade cloth face coverings [please click here](#).
- Suggested websites that offer face coverings for purchase:
 - [Click here to view face coverings on Amazon.com](#)
 - [Click here to view face coverings on Etsy.com](#)
- Suggested video tutorial on how to make a “no sew” cloth face covering
 - <https://youtu.be/KR-Zi7ZSnHM>
 - <https://youtu.be/tPx1yqvJgf4>
- Suggested video tutorial on how to make a “sew” cloth face covering
 - <https://youtu.be/gSgzR-9Zpq4>
- As always, it is best to follow the CDC’s guidelines, recommendations and instructions on cloth face coverings

Information contained in this communication is for general informational purposes only. It should not be construed as medical advice or an endorsement of any site, business or method.

If you have any additional questions or concerns, please feel free to call us at (877) 764-4748 to speak to one of our customer service agents.

We will continue to communicate these updates! Stay healthy and safe!

Sincerely,

Jim Brown
Chief Executive Officer