



**A**men Clinics is closely monitoring the detection and spread of COVID-19, a respiratory illness first noted in Wuhan City, China. In conjunction with the Centers for Disease Control and Prevention (CDC), we wanted to provide guidelines regarding travel and infection precautions. We will continue to provide updates as they emerge and encourage you to visit the CDC website at [CDC.gov](https://www.cdc.gov) for further information.

# Frequently Asked Questions

## Should I cancel my upcoming doctor's appointment at Amen Clinics?

There is no need to cancel your appointment unless you are sick with fever, cough, or having trouble breathing. If you are sick with these symptoms, please do not come to the office and call us to let us know. We will not charge you a cancellation fee if you are sick. If you have reason to think you might have been exposed to Coronavirus, please call your primary care office and ask to speak to a nurse.

## Is it safe to travel?

For most destinations, the answer is yes. We recommend against non-essential travel to areas with Level 3 travel notices (<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>) Countries under Level 3 travel notice currently include China, Iran, South Korea, and Italy. Entry of foreign nationals returning to the US from China and Iran has been suspended. Older individuals or those with chronic medical conditions should also consider postponing travel to Japan, a Level 2 travel notice. For all other destinations, routine precautions are recommended, including frequent hand washing.

## What precautions is Amen Clinics taking in their offices?

Amen Clinics is following the Department of Health and CDC guidelines. We are asking patients who have recently traveled to countries under Level 3 travel notice to have phone and video appointments, and we asking patients who have recently traveled to countries under Level 2 travel notice to wear masks while in the clinics. Additionally, as an extra precaution, we are regularly disinfecting items and areas in the clinic with a medical grade solution.

## How worried should I be about the Coronavirus?

While it's prudent to take appropriate precautions to prevent the spread of infection (see <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>), it is still a rare occurrence in the U.S., and only about 1 in 6 people become seriously ill. This is a good time to practice the stress management strategies that you've learned work for you, to cope with the stress that comes from hearing about this virus daily in the media. We will walk alongside you to help manage your anxiety during this time, while addressing any other psychological and biological factors that could be affecting your brain, body, and mental health.