Nevada Physicians Continue to Encourage Nevadans to #StayHomeforNevada

NSMA Offers Patient Guide to COVID-19

(LAS VEGAS, NV) -- Nevada’s physicians and healthcare professionals are on the frontlines of treatment and prevention of the novel coronavirus (COVID-19). In support of Governor Sisolak and public health officials’ recommendations, the Nevada State Medical Association encourages all Nevada to practice social distancing, use expanded telehealth options to contact medical professionals, continue to avoid emergency rooms unless absolutely necessary and Stay Home For Nevada.

These appropriate precautions will minimize your risk of getting or spreading the virus.

**Practice Social Distancing:** To stop the spread of coronavirus, health and government officials have signed directives prohibiting gatherings of more than 10 people and encouraging individuals to maintain a distance of 6 feet from other people if they must go out.

**Use Expanded Telehealth Options:** The federal and state government have made it easier and more accessible for Nevadans to contact a doctor from the comfort of their homes. Nevadans should contact their insurance providers to learn about these expanded options and how to access telehealth during this pandemic.

**Avoid Emergency Rooms and Urgent Cares:** Patients should not visit emergency rooms or urgent cares as a first step in seeking COVID-19 testing or symptom assessment. Nevada’s Emergency Departments need to focus their resources at this time on the most acutely ill patients, and keeping down the numbers of people visiting those locations will help fight the spread of COVID-19.

*Members of the NSMA, physicians in both Northern and Southern Nevada can be made available to speak with the media to discuss COVID-19 prevention and treatment. Please contact Jaron Hildebrand using the contact information above should you wish to speak with an NSMA physician representative.*
IMPORTANT STEPS TO REMEMBER:

The most common symptoms of COVID-19 are cough, fever and shortness of breath. If you are experiencing shortness of breath, fever, chills, pressure in your chest, respiratory problems, confusion or anosmia which is a loss of smell, you should contact health professionals immediately using the following practices:

CALL BEFORE GOING INTO ANY MEDICAL OFFICE

- Call your primary care physician or access your health plan’s telemedicine options online. Do not enter any hospital, doctor’s office or medical facility without talking to a physician or their staff beforehand.
- If you do not have a primary care physician or cannot get in touch with a health provider via telemedicine, contact the health district assistance lines and be prepared to answer questions regarding travel history, contact with other patients, and symptoms.

Southern Nevada Health District - (702) 759-4636

Washoe County Health District - (775) 328-2427 or 311
The Washoe County Health District has also made this website available for individuals who do not want to wait on the phone: https://www.surveymonkey.com/r/washoetravelersform

Carson City Health and Human Services - (775) 283-4789

Elko County Screening Hotline: 775-777-2507 Email/Text: covid19@elkocountynv.net

These resources are continuing to be expanded as additional funds are made available to public health agencies.

FOLLOW PHYSICIAN AND PUBLIC HEALTH OFFICIALS DIRECTIONS

- Follow your physicians’ and local, state and public health officials’ directions. Wash your hands often, practice social distancing and stay home if you can.

The NSMA is following the protocols and direction of local, state and public health officials. To find more information on the State’s response, subscribe to the Nevada Health Response at https://nvhealthresponse.nv.gov/subscribe-to-updates/

Sincerely,

Jaron Hildebrand
Executive Director
Nevada State Medical Association