

## Dr. Delgado COVID-19 Update 3/16/2020

1. Testing now appears to be more readily available in Blaine County. CDC guidelines remain in place as to a combination of symptoms and possible exposure to known case of COVID-19 as criteria to obtain a test. If you have any worsening symptoms or known exposures, please call my office directly to discuss if testing is indicated in your case.
2. **I urge you all not to seek testing independently. I cannot emphasize this point enough.** Testing sites are currently overwhelmed and allocating their time and resources to those that meet criteria or have rapidly progressive symptoms.
3. It's also really important to understand the role of testing. **If you don't have symptoms or you're mildly ill and not at risk for severe illness (age > 60, underlying cardiopulmonary disease, diabetes or have immune systems that are compromised) there's really no reason to be tested at this time.**
4. The focus now has to be what's most important: reducing the number of infections, reducing the likelihood that someone who gets infected will die from it, and limiting the amount of societal damage from this pandemic. This can all be done by limiting exposures as my previous emails have detailed. **Social isolation and distancing is our new normal for the foreseeable future.**

R. Delgado, MD