

**FOR IMMEDIATE RELEASE**

**MARCH 2020**

**COLD and FLU SEASON is UPON US. NOW WE HAVE HEIGHTENED AWARENESS and MEDIA COVERAGE of COVID19. AT RISK POPULATIONS NEED to be MORE DILLIGENT IN THEIR SELF CARE and WELL-BEING. TELE-HEALTH VISITS ARE A GREAT WAY FOR PATIENTS TO CONTINUE THEIR CARE AND AVOID SPACES WITH ADDITIONAL PEOPLE AND GERMS.**

Colorado now has approximately eight (8) confirmed Coronavirus (COVID-19) cases. The potential for more cases is likely. Altitude Kidney Health is a specialty group concentrating in kidney disease. Unfortunately, this population may be a greater risk during this season as they are typically elderly and have multiple underlying health complications. Telehealth medicine is a convenient and easy way to be seen by a physician from the comfort of your home and ultimately reducing risk of exposure by avoiding doctors offices.

There are effective ways all people can take to reduce the risk of spreading and/or obtaining the FLU, common cold or COVID-19. We ask everyone to take personal steps to minimize risk.

- Frequently and thoroughly wash your hands with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer with at least 60% alcohol.
- Cover coughs and sneezes with a tissue, then throw the tissue in the trash. If you do not have a tissue, you can use your inner elbow or sleeve.
- Avoid touching your eyes, nose, and mouth.
- Stay home if you're sick and keep your children home if they are sick.
- Clean surfaces in your home, and personal items such as cell phones, using regular household products.
- **Schedule a tele-health visit instead of visiting the doctors' office. This will reduce your exposure to other risk factors as well as meeting your medical care needs.**

**Contact Information:**

Business Team: Bradd Williams or Kelsey Parrish

Clinical Team: Sarah Moore or Andrew Brookens, MD

1260 S. Parker Rd. Suite 202 Denver CO 80231

(720) 500-3439

[biz@altkidney.com](mailto:biz@altkidney.com)

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