



Tuscaloosa Integrative Family Medicine

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A Message from Dr Day

Dear Valued Patients,

We at TIFM want to reassure you, our patients, that we are doing everything in our power to make sure our clinic is a safe and hygienic space to be in.

We ask that all sick visits now come through our side door, where you will be taken directly to a room for triage and evaluation. We will communicate this to you directly via text message after you set up your appointment.

At this stage we are not able to offer coronavirus testing directly as it must be done in full protective gear. We are recommending DCH parking lot at this stage and will update you as other drive through test centers in Tuscaloosa open.

The current CDC guidelines for testing are as follows:

1. Those who travel from areas affected within the last 14 days
2. Those who have experienced close contact with someone who has been laboratory confirmed coronavirus patient in the last 14 days
3. Have Respiratory illness or Flu- like symptoms including fever

I am strongly recommending restricted travel i.e. do not travel unless absolutely necessary, social distancing, consistently washing hands frequently and properly for at least 20 seconds, wash clothes especially outerwear frequently and drink lots of hot drinks (kills the virus in our throats) and being prepared at home with 2 weeks of supplies. This is in order to flatten the infection curve (i.e. the number of people infected at any given time), so our hospitals do not become overwhelmed.

Please be assured that we care for each of you and are praying for peace and protection for both ourselves and you. We are all in this together and as long as we all look out for both ourselves and each other, we will get through these uncertain and unsettling times together and life will get back to normal.

Please feel free to come and see us for all your daily health needs and concerns and we will do our best to make sure you are well taken care of. We are also looking to increase our Tele Med capabilities and will advise as soon as that is an option.

This is an extremely fluid situation so please check in on our FB page and website for updates. Please take the opportunity to enjoy this time with your families, slow down and take some time for yourselves.

Caroline Day, MD