



**Springfield Family Physicians (SFP) is committed to providing you care during this time and wants to offer added support as we face the coronavirus disease (COVID-19).**

**We are working hard to keep EVERYONE safe. Some of the steps we are taking include:**

- Screening patients and staff for symptoms before entering the building
- Performing car visits for any patient that is sick
- Sanitizing all surfaces and rooms during the day
- Offering telehealth (audio/video) visits with your SFP providers (medical providers, therapists, and clinical pharmacists)

**When life becomes unpredictable (e.g., health scares, loss of school or work, difficulty finding toilet paper) it can cause stress, fear, and strong emotions for adults and children.**

**Common reactions to stress include:**

- Not acting like yourself
- Difficulty thinking and remembering
- Fear and worry about yourself and loved ones
- Sadness, loneliness, or anger
- Difficulty sleeping
- Not feeling hungry or overeating
- Drinking or using other drugs more than usual

**It is important to do things to support yourself and others during this time.**

- Make the day predictable by scheduling a routine
- Take care of your body: be active, take deep breaths, eat balanced meals, make time for sleep, limit substances like alcohol or drugs
- Take breaks from news or social media focused on the virus
- Take time to do activities you enjoy
- Talk with others about how you are feeling

Springfield Family Physicians has a team of behavioral health providers who are here to help. They offer telehealth (audio/video appointments) so you can get support from your home. We can help you set up telehealth appointments.

**Please call 541-747-4300 for questions or to schedule an appointment.**