



Come Together By Staying Apart



Let Us Come Together by Staying Apart.

By Dr. Esmaeil Porsa, President and CEO, Harris Health System

To say that we are in trying times is a huge understatement. We are charting new waters not only in terms of dealing with a new (novel) viral pandemic, but also in the way we must COME TOGETHER to fight this pandemic by STAYING APART. There continues to be a huge knowledge gap with regard to so many things including exactly how this infection spreads in our communities and how to treat this infection. This lack of knowledge causes anxiety.

But there are things that we do know and things we do control. We know the majority of people who are infected with this virus recover well. We know our elderly population and those with chronic medical conditions are at much higher risk of a more severe form of this infection. We also know we can dramatically reduce the spread of this virus and protect ourselves and our loved ones by distancing ourselves for a short period of time compared to our entire lifetime. Some of the specific actions you can take are:

- Stay home for minor health issues, such as routine cough and cold symptoms. When in doubt, please contact your healthcare provider. They can direct you to what you should do or even take care of you over the phone.
- Reduce or stop visiting your loved ones at hospitals. This will help the hospital staff spend more time taking care of your loved one and reduce the risk of exposure to the Coronavirus for you, your loved ones and the entire hospital staff.

I want to challenge you and invite you to take action and to join the fight against this disease by **COMING TOGETHER BY STAYING APART.**



Worried? Call Ask My Nurse Line at 713-634-1110 to speak with a registered nurse for advice.