

PATIENTGRAM

Newsletter

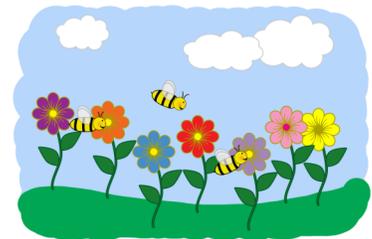
March 2020

Spring is in the air!

Spring is right around the corner and along with it is the increase in the occurrence of stinging insects (bees, wasps, hornets and etc.). Now is the time to make sure your Epinephrine device is current. Take time now to check the expiration date and renew if it is expired.

With the spring weather comes the desire to be outside enjoying the sun, flowers and new growth. Pollen will be on the rise. Pollens are tiny grains released into the air by trees, grasses and weeds that can travel many miles. Did you know that pollen counts are higher early in the morning (before 10:00am) and early dusk? Your exposure and risk of inflammation from pollen can be reduced by a number of methods:

1. Rinse your sinus/nasal passages to remove pollen.
2. Wash your hair before bed.
3. Eyelashes can be washed with baby shampoo.
4. Sleep with windows closed. Fresh spring air is tempting, but it contains aggravating pollen!



Coronavirus (COVID-19)

The best up-to-date source on information related to the COVID-19 is the CDC website. Here is some information from their website:

How do you get COVID-19 and how contagious is it?

All the data so far suggest that the spread is by respiratory droplets when an infected patient coughs or sneezes, and by touching an object that has the virus on it and then touching your mouth, nose or eyes. At this time, it is thought that with this virus, for every one person infected, 2.5 people will catch the disease.

What are the symptoms?

Severity has ranged from asymptomatic to severe disease and death. Symptoms usually are in the pulmonary category with fever, cough, and shortness of breath. The CDC believes at this time that symptoms may appear in as few as two days or as long as 14 days after exposure.

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ACT's Employees of the Month

Melinda has been with the ACT family for nearly 19 years. She is a referral and Medicaid specialist, but also plays a key role and is a strong patient advocate in securing VA benefits. She is also a financial counselor and is always willing to fill in wherever she is needed and does so with grace. She is very professional with patients when speaking on the phone and goes above and beyond to rectify any situation that may arise. She is a great asset not only to the Business Office but to ACT as a whole. Congratulations Melinda, well deserved!



Christina recently celebrated her 10 year anniversary with the Allergy Clinic of Tulsa. In addition to her longevity, Christina has proven herself as a team player and patient advocate. The doctors of the Allergy Clinic of Tulsa value Christina and congratulate her on a job well done.

Coronavirus (COVID-19)

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What about treatment and prevention?

Presently there is no vaccine for this virus. We know the basic protection methods for all viruses which, of course apply to Coronavirus:

1. Frequent and thorough washing of hands with soap or an alcohol-based hand sanitizer.
2. Avoid people who are coughing and sneezing- keep 3 feet away.
3. Cover your cough with the bend of the elbow.
4. Avoid touching nose, eyes and throat.
5. Fist bump instead of handshake.

Should I wear a face mask?

The World Health Organization states that you should only use a mask if you have respiratory symptoms, have suspected COVID-19, or are caring for someone with COVID-19 infection. At least at this time, it is rare that anyone in the U.S. needs to wear a face mask.

Contact Us

Give us a call for more information about our services.

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