



# Dermatology Group of Arkansas

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**To:** DGA Employees and Patients

**From:** Administration

**Date:** 03/10/2020

**RE:** Coronavirus Preparedness

Dermatology Group of Arkansas, P. A. is dedicated to the health and safety of our employees and patients. We are aware of the concerns about the potential spread of the Coronavirus (COVID-19), and are implementing a preparedness plan.

Do not let fear and emotion drive your response to this virus. We know it can be extremely difficult because it is new, and we are still learning about it, but do not allow what we don't know to overwhelm what we do know. So far, deaths due to COVID-19 appear to be limited to those patients that had underlying health issues before contracting the virus.

The Coronavirus is a mild to severe respiratory illness with symptoms of fever, cough and shortness of breath. The virus is spread by coughing and sneezing. This means that the air will not infect you, but all the surfaces where these droplets land are infectious for about a week on average. Please help encourage healthy hygiene habits in the offices, car pools, and job sites by frequent hand washing and covering coughs and sneezes with tissues or towels. Use your elbow when you cough or sneeze only if you have to, as the clothing on your elbow will contain the infectious virus that can be passed on for up to a week or more. In addition, we ask that you clean and disinfect your workspace daily. Stay home when sick.

**To prevent the spread of contagious diseases, the Centers for Disease Control and Prevention recommend the following:**

- Wash your hands often with soap and water for at least 20 seconds, especially after using the bathroom, before eating and after blowing your nose or sneezing. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Avoid close contact with people who are sick.

**Benton**  
#5 Medical Park Drive  
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**Pine Bluff**  
1416 West 43rd Avenue  
Pine Bluff, AR 71603  
870-535-7477  
Fax 870-535-4121

**Clinton**  
Ozark Health Specialty Clinic  
2526 Hwy 65 South, Suite 205  
Clinton, AR 72031  
800-225-8422

**Conway**  
625 United Drive  
Suite 320  
Conway, AR 72032  
800-225-8422

**Camden**  
Ouachita Valley Family Clinic  
353 Cash Road  
Camden, AR 71702  
800-225-8422

- Avoid touching your eyes, nose and mouth with unwashed hands.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched surfaces (phones, keypads, ipads, pens, door handles, light switches, etc.).
- Stay home when you are sick. The Centers for Disease Control and Prevention does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19. Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others.

**A few other precautions that we would suggest using during the influenza season are:**

- No handshaking! Use a fist bump, slight bow, elbow bump, etc.
- Use ONLY your knuckle to touch light switches, elevator buttons, etc. Lift the gasoline dispenser with a paper towel or use a disposable glove.
- Open doors with your closed fist or hip - do not grasp the handle with your hand unless there is no other way to open the door. This is especially important with bathroom and public/commercial doors.
- Use disinfectant wipes at the stores when they are available, including wiping the handle and child seat in grocery carts.
- Wash your hands with soap for 20 seconds and/or use a greater than 60% alcohol-based hand sanitizer whenever you return home from ANY activity that involves locations where other people have been.
- Keep a bottle of sanitizer available at each of your home's entrances, at your desk and in your car for use after getting gas or touching other contaminated objects when you cannot immediately wash your hands.