

# Newsletter



**Youens & Duchicela Clinic**  
FAMILY MEDICINE | BOARD CERTIFIED

## 1. How to Prevent the Spread of Coronavirus?

By: Dr. Jorge Duchicela

The virus spreads from **person-to-person**. With that in mind, the World Health Organization (WHO) provides the following recommendations:



**1. Wash your hands often**

Wash your hands often with regular soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing or sneezing.



**2. Avoid close contact / Personal distancing**

People with or without symptoms can spread the virus.

- Stay home as much as possible.
- Avoid close contact with people who are sick.
- Keep distance between yourself and other people (6 feet).



**3. Use a face mask when around others**

Everyone should wear a face mask when they have to go out in public (at the grocery store, post office, pharmacy, etc.).

Continue to keep about 6 feet between yourself and others. The face mask is not a substitute for personal distancing.



**4. Cover when you cough or sneeze**

If you are in a private setting, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside part of your elbow. Throw used tissues in the trash and immediately wash your hands.



**5. Clean and disinfect**

Clean and disinfect frequently touched surfaces. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

### Inside this Newsletter:

1. How to Prevent the Spread of Coronavirus?
2. Telemedicine



**STAY HOME. SAVE LIVES.**

Help stop coronavirus

- 1 **STAY** home as much as you can
- 2 **KEEP** a safe distance
- 3 **WASH** hands often
- 4 **COVER** your cough
- 5 **SICK?** Call ahead

***“Let’s do our part and stay apart: going the distance together.”***

\* University of Wisconsin School of Medicine and Public Health



## 2. Telemedicine

**By: Dr. Jorge Duchicela**

In response to the Coronavirus pandemic, Youens & Duchicela Clinic has made some implementations to guarantee patient access to our care, while keeping the safety of our patients and personnel intact. The most important addition is telemedicine, which has had a wonderful response from our patients.

Here are some recommendations that will enhance the value of your telemedicine visit:

- Check and record your blood pressure, heart rate (pulse), weight and temperature. These vital signs are very important and sensitive indicators of your health and response to medications.
- The telemedicine visit will be more helpful when it is done with video. We can do this by using a laptop or smartphone with a front-facing camera.

### How to obtain accurate blood pressure and pulse readings at home?

1. Use the proper size cuff for your arm size.
2. Take your blood pressure in a seated position with your back supported, legs uncrossed and with your arm resting on the table or chair arm rest.
3. The cuff should be placed one inch above the elbow crease and the marker on the cuff should be facing to the front.
4. Rest for five minutes before obtaining the blood pressure reading.
5. Avoid strenuous exercise, smoking, and ingestion of caffeine for 20 minutes before checking the blood pressure.
6. The blood pressure reading is composed of 2 values (a high and a low) which will be displayed together.
7. The pulse reading is also displayed on the machine. It will appear at one side or below the blood pressure reading in smaller numbers.

### How to weigh yourself?

The best time in the day to weigh yourself is immediately after you take a shower in the morning.

### How to measure your body temperature?

Your body temperature can be measured in many places on your body. The most common ones are mouth, ear, armpit and forehead. Rest for at least 5 minutes and avoid strenuous exercise before measuring your temperature.



***Y&D Clinic highly recommends to have a blood pressure cuff, weight scale, and thermometer at home.***

Upper Arm Circumference	BP Cuff Size
8.7 - 10.2 Inch	Small Adult
10.6 - 13.4 Inch	Adult
13.8 - 17.3 Inch	Large Adult
17.7 - 20.5 Inch	X-Large Adult

