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Health & Safety During Coronavirus Pandemic

Wearing a Mask

If it's necessary to be in public, a cloth face covering should be worn at all times.

Running essential errands such as:

Grocery Shopping:

- Try delivery services such as "Favor Delivery Service" with HEB.
- If visiting a store in person, call ahead of time to ask about special hours for people with higher risks for severe illnesses. If there's not a special time, please go during hours when fewer people will be present.

Doctor's or Pharmacy Visits:

- Use telemedicine when text message, video, and audio are available or phone conference when audio only is available.
- Request larger quantity refills to make less trips to the pharmacy.
- Use the drive thru when picking up medications.

Remember: Y & D Clinic is open for "Appointments & Walk-Ins" through telemedicine. Don't forget our 24/7 answering service, call any time after hours.

Stress & Coping with Sadness

Coping with stress will make you and the people you care about stronger

Ways to cope with stress include:

- Take breaks from T.V. and reading or listening to the news stories.
- Take care of you - Take deep breaths, eat healthy, exercise regularly, etc.
- Make time to unwind.

Use your Patient Portal to have 24 hr. access to your health information. Go to ydclinic.com to access the Patient Portal and also the link for exercising information.

Exercise

If you have a health condition, it doesn't mean you can't be active. In fact, it's just the opposite.

- Physical Activity- Walking around the house, lifting weights (canned goods, etc.), or walking sideways.
- Improve Your Balance- Toe walking, heel to toe walking, or practice standing from a sitting position.



STAY HOME. SAVE LIVES.