

Coronavirus (COVID-19) Update

Thank you all for your patience and flexibility during these unprecedented times. We appreciate your kind words and support. We are hearing a lot of similar questions and would like to summarize a few responses to those questions.

How can I get tested for COVID-19?

If you don't have symptoms, we do NOT recommend you getting tested. You qualify for testing if you have:

- 2 symptoms (fever >100.4F, cough, shortness of breath) or
- 1 symptom AND in a high risk group (age>65, recent travel to a COVID-19 endemic area, exposure to a confirmed positive COVID-19 patient, immunocompromised/cancer, chronic lung disease, healthcare worker)

Testing is being offered 7 am – 7 pm at PA College of Health Sciences on Greenfield Rd, Lancaster. You MUST contact us for an order prior to going for testing. Currently, it is taking 5-7 days to get test results. Other test sites are and will be available regionally but we have been unable to obtain detailed information on these other sites.

What if I think I may have COVID-19?

Please see these information pages provided by the CDC ([10 Things](#) and [What if I'm sick](#)) if you believe you may have COVID-19. Contact us with any questions. If your symptoms worsen you may need to receive care in a local emergency room.

How can I help?

Thanks for asking. Continue to practice social distancing to decrease the spread of this virus. Consider [donating blood](#). Call your neighbors, consider coordinating grocery pick-up to limit how often you go out (particularly for an elderly neighbor). Let's all work together as a community.

Can I take ibuprofen if I get sick?

There is a lot of discussion about what medications do or do not help and what could possibly make things worse. We honestly have a lot of unanswered questions about this virus. We would recommend Tylenol as your first choice to help with symptoms (assuming it was previously okay for you to take). We are not discouraging ibuprofen use as many experts believe it is safe to use even if infected with coronavirus.

What about Plaquenil?

This medication has been in the news recently. It is being investigated as a possible treatment option and is not something we are currently recommending people take “just in case” as a shortage is already occurring and would only worsen if everyone tried to get this medication (similar to our toilet paper problems).

What about my blood pressure medication?

The news has also been discussing ACE inhibitors and ARBs (common names including lisinopril and losartan). Some have theorized that these medications can worsen your illness if infected. Others have theorized they may actually help. At this time, we are recommending that you continue to take your blood pressure medications as stopping them suddenly can increase your risk of a heart attack or stroke.

What’s happening at Alere’s office?

We continue to be in the office every day taking your phone calls, emails and text messages. We are delivering care via phone/video telehealth visits. We have been performing limited in-office and home visits when medically necessary. We are dispensing medications/diapers via a drive-by method requesting you to call in advance to arrange pickup. We are NOT allowing walk-in visits as we are not equipped to evaluate or treat COVID-19 infection.

Thank you for your continued understanding as we all work together to stay healthy and safe while continuing to meet your healthcare needs.

Chris Lupold, MD

717-925-8469

Susan Mellinger, MD

717-687-2082