



Dear Valued Patient,

Your continued safety is our top priority throughout the COVID-19 pandemic. We understand that this is a very stressful time for all, especially for patients with pre-existing medical conditions and those older in age. This year has looked very different for many, and it will continue to be different from the norm as we approach this holiday season.

We encourage all of our patients to follow their state and county COVID guidelines, and take all the necessary precautions to stay safe and healthy as COVID cases surge. We continue to recommend that all our patients wear a mask, even in small family gatherings, and to maintain a preferable 6 feet physical distance from anyone outside of your immediate household.

The next few months will be very, very challenging because of the exponential rise in the number of coronavirus cases. Many states have implemented stay at home orders as an attempt to combat the limited number of ICU beds in hospitals. The vaccines are expected to be available to most persons during the spring and summer months, but in the meantime we at Columbia Allergy want to do all that we can to keep your immune system strong and guide you towards maintaining a good immune and health status.

Our special training in immunology may help you to maintain an optimum health status. Please contact us if you have ANY ONE of the following health conditions.

- A. If you are above the age of 50 years (higher risk due to age), OR
- B. If you are under the age of 50, the following medical conditions would benefit from an updated evaluation.
 - 1. **Current asthma symptoms** - If you are having night time symptoms more than once a month. OR if you are using your rescue inhaler like albuterol, more than once a week, during the day time, for symptoms.
 - 2. **Emphysema (COPD)** or other chronic lung condition.
 - 3. Frequent (4 or more) **infections**, including sinus infections during the last 2 years, other than simple colds.
 - 4. Two or more episodes of **pneumonia** in the last 3 years
 - 5. **Comorbid conditions** like obesity, diabetes, high blood pressure, high cholesterol or heart disease.

Our immunology specialists can review your health records and current health status to provide you with guidelines towards improving your current treatment plan to help you achieve optimal immune system function during this stressful time.

We encourage you to make an appointment with your nearest Columbia Allergy provider to take advantage of this service. We also encourage our patients with high blood pressure, high cholesterol, diabetes, and other heart conditions to contact your primary care physician to

ensure your plan for these conditions are up to date. Keeping every patient safe and healthy during this pandemic is a team approach and requires cooperation from your providers, and you the patient.

To make an appointment, visit www.columbiaallergy.com to book online or to find the phone number for your nearest location.

Wishing You Safe and Happy Holidays,

Your Columbia Allergy Team