The following is the message to me from Stanford My Health Care online. I had to log in to my personal account to see the message.

To: [-]

From: Stanford Health Care
Received: 3/11/2020

Hi [-],

We understand that you may have questions and concerns about the Novel Coronavirus (COVID-19), how to reduce your risk of getting sick, and how to manage cold or flu-like symptoms. It is still flu season, so if you are experiencing these symptoms, you most likely have the common cold or flu.

We are sharing some guidelines to keep you informed and to help you protect yourself and those around you:

1. If you are sick, stay home. It's the best way to avoid spread of illness
2. If you have flu-like symptoms such as a fever, cough or sore throat, please call your primary care doctor's office. At this time, our clinics are not accepting walk-ins for patients with these symptoms; you must call ahead. If you need immediate medical attention, please dial 911 or go to your nearest emergency room.
3. To help reduce the risk of exposing you and others to the flu, common cold and COVID-19, Stanford Health Care's primary care providers will be seeing patients who have flu- and cold-like symptoms in video or telephone visits whenever possible.

We recommend the following measures you can take to reduce your chance of getting sick:
Avoid close contact with people who are sick.
Wash your hands with soap and water regularly.
Use alcohol hand sanitizers.
Try not to touch your face with unwashed hands.
Stay home when you are sick (and keep sick children home from school).
Cough or sneeze into a tissue or your elbow and wash your hands afterwards.
Clean and disinfect frequently touched objects and surfaces.
Get your flu shot.

Your primary care team is here to help you stay healthy during this flu season.
For more information about COVID-19, please visit our website.

Sincerely, Your Stanford Health Care Team