

Since Monday, March 2, 2020 Bedford Family Therapy has been following CDC guidelines and protocols. Right now, the best thing we can do as a practice is to practice some basic but tried-and-true methods for keeping healthy during cold and flu season.

Level 1 Plan – Standard influenzas

- CDC recommendations getting a flu shot, if you have not done so already. It is reportedly not too late to protect yourself against the seasonal flu, which is, at this time, a much higher risk to us than coronavirus.
- Cover your nose and mouth with a tissue or sleeve when sneezing or coughing — do not use your hands.
- Wash your hands often with soap and water for at least 20 seconds.
- Stay home if you have flu like symptoms and have had a fever, you should contact your employer and not come to work until you are able to maintain a normal temperature for at least 24 hours without the assistance of fever-reducing medication.
- Make sure you have plenty of medication and other essential household items on hand so that should an outbreak occur in this area or the area in which you live, you can avoid public spaces where your risk of infection could be higher (like a pharmacy).

How Bedford Family Therapy is preparing:

Bedford Family Therapy owners are meeting regularly to closely monitor, prepare and respond to any situations that may arise. We will do our best to keep you updated as the situation develops and new information becomes available.

Phone Contacts:

- NH Division of Public Health Services (603) 271-4496
- NH Division of Public Health Services – After Hours (603) 271-5300

If you want to learn more, here are some of the sources we will be paying close attention to:

- NHDHHS COVID-19 Updates
- Capital Region Public Health Network
- CDC: US Centers for Disease Control and Prevention (CDC) Situation Summary
- CDC: Interim Guidance for Businesses and Employers to Plan and Respond to Coronavirus Disease 2019 (COVID-19), February 2020

We will continue to provide website and email updates as necessary.