



AN OPTOMETRIC PRACTICE

The difference between seeing...and being seen

As a valued member of the Optical Illusions of San Mateo family, we appreciate the trust you place in our doctors and staff since 1983 for your eye care and eyewear needs. As the situation with COVID-19 (coronavirus) outbreak progresses, we want to share how we are preparing for and responding to this virus in order to ensure both your health and safety.

Below is an overview of what we are doing to help ensure our patients have the right information and know how to access the right care.

- **Keeping our patients informed:** We will be diligent in keeping our patients updated and posting communications through our website (www.opti-illusions.com) and digital media platforms. These materials include practices for prevention, as well as facts about the virus itself.
- **Ensuring access to care:** Our office currently has no plans to shut down at this time and will remain open and accessible for comprehensive eye care and potential patients who are concerned they might be ill.
- **Understanding the risk:** This is a rapidly evolving situation, and we are monitoring reports from the Centers for Disease Control and Prevention (CDC) and other health agencies to guide our understanding of the spread of coronavirus. We are tracking regional transmission in affected parts of the country, and are actively taking steps to support our patients and our surrounding communities.
- **Relying on our training and expertise:** Our doctors have been treating infectious ocular diseases for years, and we are confident we can safely treat all of our patients, with limited risk to everyone. Our staff is fully trained on CDC protocols to be used with the infectious diseases.

We have been closely monitoring the situation with federal, state, and local officials and have implemented a comprehensive process to provide care for patients who are being screened for, or are confirmed to have, the virus. While the common symptoms of coronavirus include fever, cough, and shortness of breath, it can also manifest in the eye as a form of viral conjunctivitis infection (more commonly known as pink eye). If you experience any eye related symptoms of coronavirus, please let our staff know so that we can prepare for your visit.

Thank you for continuing to trust our office with your eye care needs. We will keep you advised of updates as the situation progresses. If you have any questions, please email (oisanmateo@gmail.com) or call us at **650-341-8080**. We also recommend the Centers for Disease Control and Prevention website (www.cdc.gov) for the most up-to-date health advisories and global coronavirus information.

Your partners in health,

Optical Illusions of San Mateo:
An Optometric Practice

Coronavirus 2019 (COVID-19)

What you need to know

You may be feeling concerned about the coronavirus, also referred to as COVID-19. If so, you are not alone. Here are frequently asked questions with the latest information and advice to help you feel prepared:

What is coronavirus?

Coronavirus disease (COVID-19) is a type of virus that causes respiratory illness — an infection of the airways and lungs.

What are the symptoms?

Patients with COVID-19 have had mild to severe respiratory illness with common symptoms of fever, cough, or shortness of breath — similar to the flu. It can also have ocular symptoms similar to pink eye.

How does it spread?

The virus is thought to spread person to person — mainly between people in close contact when an infected person coughs or sneezes. It is also possible that a person can get coronavirus by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes.

How can I protect myself?

Some people are more vulnerable than others, including seniors and those with chronic conditions. But everyone should take steps to protect themselves.

- Avoid close contact with people who are sick.
- Wash your hands with soap and water regularly for at least 20 seconds. Alcohol-based hand sanitizers are also effective.
- Try not to touch your eyes, nose, and mouth with unwashed hands.
- Stay home if you are sick (except to get medical care). Keep sick children home from school.
- Cough or sneeze into a tissue or your elbow. Wash your hands afterwards.
- Clean and disinfect frequently touched objects and surfaces

For more information, please visit the Centers for Disease Control and Prevention website at www.cdc.gov for the latest coronavirus information.