

Health Plan San Joaquin's Chief Medical Officer Has a Message for Us All

Health Plan of San Joaquin's (HPSJ) Dr. Lakshmi Dhanvanthari, MD, wants each of us to stay safe, stay healthy, and keep being a public health role model during the ongoing COVID-19 pandemic.

As COVID-19 cases and hospital admissions, including for intensive care units, continue to spike, San Joaquin, Stanislaus, and surrounding counties are on the state COVID watch list. HPSJ continues to work closely with public health officials and with local leaders to help keep their health plan members, as well as the entire community, safe and healthy.

Dr. Dhanvanthari says, "We should listen to the good advice from our public health partners. As we continue to learn more about COVID-19, they are giving us road maps to safely reopen our schools, daily life, and workplaces."

HOW PEOPLE CAN PROTECT THEMSELVES? Dr. Dhanvanthari says "We are all in this together. Every person has a role to play. Your actions save lives." Until there is a vaccination for COVID-19, her professional advice is "simple and powerful" including being a role model with these simple steps. Wear a face cover whenever you are out. Wash your hands. Keep 6 feet apart from all you do not live with.

DURING THE CONTINUING

PANDEMIC, WHAT SHOULD YOU DO IF YOU HAVE A MEDICAL EMERGENCY? Do not delay seeking care. If you are experiencing a medical emergency such as a heart attack, stroke, difficulty breathing, or altered mental status call 911. If you are sick, but not sure it's an emergency, contact your physician.

IN ADDITION TO STAYING SAFE, KEEP ON TOP OF GOOD HEALTH PRACTICES The doctor urges everyone to remember, this is not the time to forego preventative care. Along with her physician colleagues, Dr. Dhanvanthari is stressing these best practices for all: Stay on schedule for well child (and adult) provider visits and pregnancy and postpartum wellness care. If you have a chronic condition, like diabetes or asthma, do not fall behind.

Finally, she says, "Please keep in touch with your clinic or doctor's office to find out how they have been working hard to safely reopen for patients and to make your appointments!"

Health Plan of San Joaquin is now mounting an education and outreach campaign for our community called Step Up! Help restore our community. Learn more at <https://www.hpsj.com/stepup/>.



Help restore our community.