

TNAFP TENNESSEE ACADEMY OF FAMILY PHYSICIANS

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My Fellow Tennesseans,

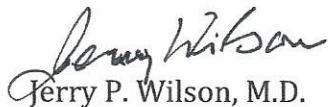
I approach you on behalf of the Tennessee Academy of Family Physicians and our member family physicians to plead with you to practice effective social distancing by staying at home. Undoubtedly you have heard from multiple sources that the best weapon we have to reduce the impact of the COVID-19 pandemic on our family, friends, and community is to reduce close contact with others. It is becoming increasingly clear that people without symptoms can unintentionally pass the virus to others very easily. While it is tempting to get out and about especially when we find ourselves with free time on our hands, we are all much SAFER AT HOME.

Obviously there will be the need to venture out to obtain necessary items such as groceries, medications, and other supplies. Please make these trips focused and brief. When there is need to seek non-emergency routine medical attention that does not require physical contact, please seek out Telehealth options that do not require leaving your home. This is a newly available option that many physicians have explored to improve access to healthcare. Contact your family physicians regarding the availability of this option in your area.

While most of us find ourselves fearful and anxious about our future, there is ample reason to be hopeful and optimistic. Some existing medications as well as new medications being studied may be helpful to treat this disease. Also, the promise of convalescent plasma donations from those who have recovered represents a promising benefit. And, of course eventually a vaccine will be developed. If we can slow the spread and therefore reduce the overall number of those infected, these developing options will have a greater chance to reduce overall deaths.

So, join me and the other healthcare providers in our state in doing your part to mitigate the impact of this terrible disease on our people. Keep an eye on the latest recommendations from the CDC as our knowledge of this virus continues to improve.

In It Together,



Jerry P. Wilson, M.D.

President

Tennessee Academy of Family Physicians