

As the news surrounding COVID-19 (the disease caused by the novel coronavirus) evolves daily, the main priority of Emerge Counseling and Education, LLC remains the same — to walk alongside our clients in optimizing their wellbeing, and continuing your personal journey with us. We want to keep anxiety, and fear, at a minimum, but also want you to remain vigilant. We want ensure that you, as our clients, remain properly informed, supported, and have access to the services that you deserve as a client of Emerge Counseling and Education, LLC, and a member of this community.

What is COVID-19?

The novel coronavirus, COVID-19, was identified on December 29, 2019, when a cluster of similar cases of pneumonia were noted in the city of Wuhan, Hubei Province, China. These cases were soon determined to be caused by a novel coronavirus, named SARS-CoV-2, which is the virus that causes COVID-19. Symptoms typically include fever, cough, pneumonia-like symptoms, difficulty breathing, and can appear from two to 14 days after exposure.

Two well-known types of Coronaviruses which, led to outbreaks in the past were, severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS). COVID-19 is a condition that is caused by an outbreak of a new coronavirus, called SARS-CoV-2.

COVID-19 is spread by respiratory droplets and can persist for a short period of time on some surfaces. It generally takes prolonged, and close (fewer than 6 feet away), contact to become infected. Most patients who are infected appear to be experiencing more mild symptoms, though it is still serious. Those that have preexisting chronic conditions (i.e. heart disease, lung disease, diabetes, or a weakened immune system), or are elderly (65 years or older), are at an *increased risk* for complications. Even if you *do not* fall into either of these categories, please understand that *you are not immune*, and *can pass it to others if infected*, though it appears the symptoms are less severe outside these high risk groups.

How can I stay informed?

Reliable sources for the most current updates about COVID-19 are:

Centers for Disease Control (CDC)

<<https://www.cdc.gov/coronavirus/2019-ncov/index.html>>

World Health Organization (WHO)

<https://www.who.int>

National Public Radio (NPR)

<https://www.npr.org>

Johns Hopkins University

<<https://hub.jhu.edu/>>

North Carolina Department of Health and Human Services:

<<https://www.ncdhhs.gov/divisions/public-health/coronavirus-disease-2019-covid-19-response-north-carolina>>

Virginia Department of Health

<<http://www.vdh.virginia.gov/>>

Local Resources/Contacts/Information

Henry/Martinsville Health Department

(Headquarters Office)

295 Commonwealth Boulevard

P.O. Box 1032

Martinsville, VA 24114

276 -638-2311

FAX: 276-638-3537

Franklin County Health Department

365 Pell Ave.

P.O. Box 249

Rocky Mount, VA 24151

540-484-0292

FAX: 540-484-0314

Patrick County Health Department

106 Rucker Street

P.O. Box 428

Stuart, VA 24171

276 -693-2070

FAX: 276-693-2069

SOVAH Martinsville

320 Hospital Drive

Martinsville, VA 24112

276-666-7200

Pittsylvania/Danville Health District Headquarters

Danville Health Department

326 Taylor Drive

Danville, VA 24541

434-766-9828

Rockingham County, NC Health and Human Services

371 North Carolina Highway 65

Wentworth, NC 27375

Phone: 336-342-8140

Fax: 336-342-8356

Website: <<https://www.rockinghamcountypublichealth.org/>>

UNC Rockingham (Morehead Memorial Hospital)

117 E Kings Hwy

Eden, NC, 27288

(336) 623-9711

How to limit exposure

There are specific measures you can take to help protect yourself, and your loved ones, from COVID-19. These are the most up to date recommendations/guidelines, as of March 10, 2019, from the North Carolina Department of Health and Human Services:

<<https://www.ncdhhs.gov/divisions/public-health/coronavirus-disease-2019-covid-19-response-north-carolina>>

1. Wash your hands often and thoroughly;
2. Avoid shaking hands;
3. Cover your cough and nose;
4. Avoid close contact with people who are sick;
5. Stay home if you feel sick;
6. Avoid mass travel or gatherings if you are in the *high risk groups*;
7. Have a plan for if you need to miss work;
8. Avoid touching your face;
9. Clean and disinfect surfaces frequently; and
10. Give others more physical space.

If you're sick, or think you may have come in contact with someone who is sick, try not to panic. Chances are you have the flu or a common cold. However, because symptoms of COVID-19, and the flu, can be similar, here are some specific precautions worth taking:

1. Stay home;

2. Monitor your symptoms (fever, cough, difficulty breathing);
3. Contact your primary care physician;
4. Contact us about using Telehealth Consultation, if appropriate.

Having an online session can reduce the chance of contracting and/or spreading illness.

Contact your medical healthcare provider before going to a clinic or hospital if you meet the following criteria:

1. Symptoms such as fever, cough, or shortness of breath;
2. Travel to countries, or states with coronavirus alerts within 14 days of onset of symptoms;  
and
3. Contact with someone with confirmed COVID-19 within 14 days of onset of systems.

How Emerge Counseling and Education, LLC is adapting:

Due to recent events, and increasing concerns about COVID-19, Emerge Counseling and Education, LLC made the decision to utilize telehealth to minimize exposure and stop the spread. Telehealth sessions are proven effective and evidence based, providing you with the same quality of care while allowing for improved convenience and safety.

Our counseling practices will be telehealth only through phase two in Virginia. Beginning in phase three, we will consider in person sessions while increase cleaning, screening and hygiene practices. You will still have the option for telehealth.

Please factor in your understanding of your unique health needs and the needs of your loved ones when deciding whether to pursue office versus Telehealth visits (if criteria are met for Telehealth as stated in our policy and procedures). Please call us at 276-258-6139 if you have any questions or concerns.

In closing, there is no right or wrong way to feel about COVID-19.

If at any point between sessions you notice a level of fear or anxiety that is concerning to you or difficult to manage, please reach out to us the client portal or by phone.