

Putting the health & safety of our community first



CHANGES TO CLINIC OPERATIONS - VIRTUAL VISITS

In order to ensure the safety of our employees and our patients, RRH is making some big changes to its clinic operations. RRH is limiting in-person clinic visits and adopting tele-health visits in an effort to virtually care for patients and reduce foot-traffic in these areas. If you have an upcoming appointment for one of our clinics, we will be contacting you directly. In most cases, appointments will now take place virtually, otherwise plans will be made prior to the appointment if an office visit is required.

The process for virtual visits is simple and requires no prior set-up. Our RRH providers will be using the web-based application Doxy.me to host the virtual appointment, which is secure and HIPAA compliant for your privacy and protection. For patients without access to the internet, or who don't have a camera/speakers, smartphone or tablet; we will carry out as much of the appointment as possible over the telephone and will schedule an in-clinic visit if necessary.

To book an appointment with one of our clinics, please text the word **"APPOINTMENT"** to **833-RRH-4YOU (774-4968)** and an RRH representative will call you back to schedule your appointment. For the deaf or hearing impaired, please dial our TDD line on (760) 446-7505.

If you feel you meet the criteria for COVID-19 screening, TEXT the word **"SCREENING"** to **833-RRH-4YOU (833-774-4968)**. For the deaf or hearing impaired TEXT the word "SCREENING TDD" to 833-RRH-4YOU (833-774-4968).

Information on the CDC testing criteria and a Symptom Self Check Tool can be found at [HERE](#).

If you feel that you are having a medical emergency, please call 911 or come to the Emergency Department.

For easy reference, we have included a phone list of our clinics and services [HERE](#).

Thank you for allowing us to continue to care for you, virtually.

COVID-19 Scams Fraud Alert

*****WARNING*****



The California Senior Medicare Patrol has issued a warning for all senior residents to watch out for scammers that are offering an "opportunity" to test for the Coronavirus/COVID-19.

These scammers will ask for your Medicare number over the phone or through door-to-door solicitors, and they are offering special virus kits to seniors. Even though these are stressful times and this might seem like a great opportunity, it is never a good idea to give information to a non-verified source.

COVID-19 Advice: How Long do Germs Stay on Clothing?



It is important to clean and disinfect household surfaces that might be touched by someone that has contracted the coronavirus. The same goes for clothing, but how long does the virus stay on the clothes we wear?

The virus usually spreads through respiratory droplets from sneezes and coughs, but the CDC says there's evidence it can remain on clothes for a number of hours and transfer onto other surfaces.

*Clothes can collect and transfer droplets throughout the day. Now, as

Beware of:

- Scammers approaching residents of senior housing and assisted living facilities about “opportunities” for COVID-19 testing
- Robocalls about “special virus kits” and asking for your Medicare number to send a “free” test
- Emails offering COVID-19 testing services that can be ordered through a tele-health provider.

[LEARN MORE](#)

time goes on the droplets can dry off, making the virus inactive, but this can take a while.

Some clothes are more absorbent than others, like polyester and spandex-like material, thus washing things like underwear, leggings and dresses thoroughly is essential to getting rid of the virus.

*Keep in mind that the virus can remain active longer on zippers, buttons and other clothing hardware that are made from copper, plastic and stainless steel.

[CDC ADVICE ON
DISINFECTING YOUR HOME](#)

THE NUMBERS - KERN COUNTY PUBLIC HEALTH

Positives Detected Among Kern Residents	Positives Detected Among Non-Residents	Deaths Among Kern Residents	Number of Negative Tests	Number of Pending Tests*	Number of Total Tests*
126	3	1	2115	1396	3640

Updated on 4/1/2020 3:30:00 PM Updated twice daily on weekdays by 10:00 AM and 4:00 PM and once daily on weekends by 10:00 AM

* As reported by community healthcare providers. This is preliminary data and is subject to change.

Kern County Confirmed COVID-19 Cases by Age Group

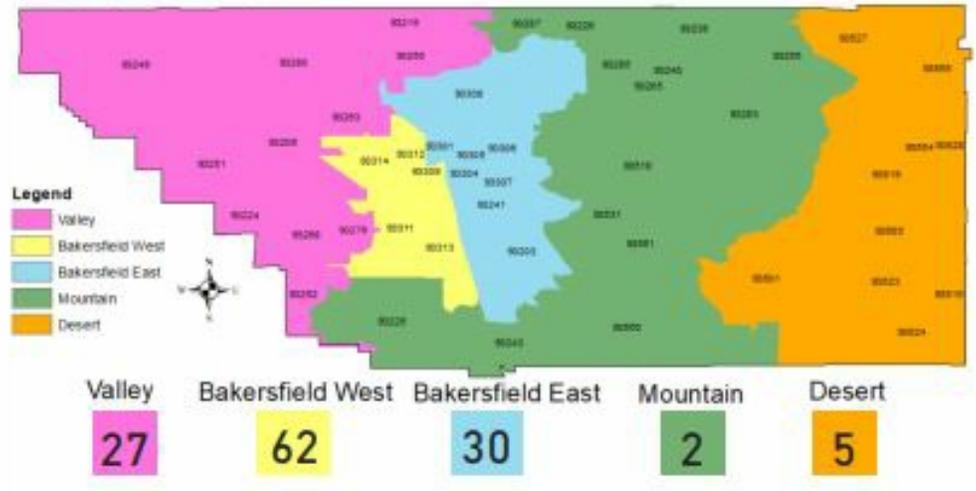
Age Range	Case Count
Age 0-17	2
Age 18-49	59
Age 50-64	41
Age 65+	24
Total	126

Updated: 4/1/2020 3:30:00 PM

Kern County Confirmed COVID-19 Cases by Region

This map only includes Kern County Residents

Updated 4/1/2020 3:30:00 PM



[Click for most up to date KERN COUNTY PUBLIC HEALTH numbers](#)

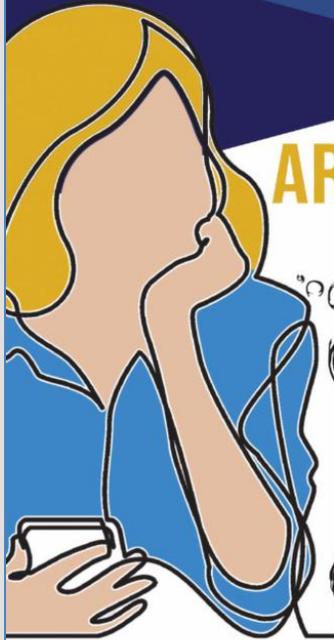
THE NUMBERS - RIDGECREST REGIONAL HOSPITAL

RRH COVID-19 Testing

Positives Detected from RRH Tests	Number of Pending RRH Tests
3	11

Updated on 4/1/20 at 11:30 AM. This is preliminary data and is subject to change.

Click for most up to date RIDGECREST REGIONAL HOSPITAL numbers



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