



RIVERVIEW MEDICAL ASSOCIATES

Excellence is our Specialty

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Current Advice on COVID-19 (the novel Corona Virus)

The Novel Corona Virus has arrived in the United states but there is no cause for panic.

If you suspect that you have been exposed or might have COVID-19 it is best that you seek advice from your physician via phone or through our portal. Presenting to the office for such advise is not advisable. For the vast majority of people, the symptoms will be self-limited and will resolve with supportive home care.

Important facts:

The treatment of COVID-19 is the same as for the common cold. Plenty of fluids and rest are the mainstay of treatment. Over the counter cold remedies may be used for symptomatic relief.

There is no medication for COVID-19 other then the above.

There is not test available (other then obtained by the CDC) at this point available in physician's offices.

Healthy individuals and children seem to do very well and recover without intervention.

The patients at highest risk are the elderly and those with significant underlying disease or immune deficiencies.

If you suspect you might have COVID-19 it is advised that you self-quarantine yourself for 14 days in your home. Do not go to work or out in the community. Do not share utensils, towels, or toiletries with others. Contain yourself in your bedroom with the door closed as much as possible. Have someone do your grocery shopping or have needed supplies delivered to your door step.

If you feel you do need medical intervention it is best to Call your local ER/hospital before presenting there so proper isolation procedures can be performed.