

WHAT'S HAPPENING AT CSC!



CSC Community Pharmacy

CURBSIDE PICKUP



NOW AVAILABLE

Simply Call
Your Local
CSC Community Pharmacy for Curbside Pickup!

**8:30AM - 6:00PM
Monday - Friday**

CSC Community Pharmacy Locations:
1268 South Fourth Street, Hartsville, 843.339.5533
999 Cheraw Street, Bennettsville, 843.456.7777
122 Latimer Street, Latta, 843.627.6261
715 South Doctors Drive, Cheraw, 843.865-4080
737 S. Main Street, Society Hill, 843.378.4148

CSC Community Pharmacy

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www.caresouth-carolina.com



careSOUTH carolina Patient Connect

CareSouth Carolina, serving your local area since 1980.

APRIL 2020

FAQs: Your Experience at CSC Amidst COVID-19 Outbreak

As the COVID-19 (coronavirus) outbreak continues to spread across the United States and the rest of the world, CareSouth Carolina is actively monitoring the situation and putting procedures in place to help combat the spread of the virus. Here are a few things to know about your patient experience at CareSouth Carolina during this time:

What if I am coming for a sick visit?

If you're sick, suffering with an injury or even have a condition that isn't under control- like high blood pressure that is being closely monitored- CareSouth Carolina will continue to see you normally in the office or via telehealth.

Upon arrival, you'll be greeted by a staff member at the front. Every person entering the office will be screened and have their temperature taken. After that, the staff will determine if you need a mask. If a patient has a fever, CareSouth Carolina will take them into a patient room- rather than waiting in the lobby- to expose the least amount of people as possible.

Visitors are limited to the patient and one other "attendant," who is there in some "assistance capacity" and CareSouth Carolina is asking that people not bring their children with them if at all possible.

What if I have a regular follow-up visit?

CareSouth Carolina is advising patients to call before they come to the office. For patients who are not sick (those who have wellness or routine follow-up visits), we are offering to re-schedule or to have a telehealth/ telecommunication visit with a provider as a way to protect them from being potentially exposed.

Are the CSC Community Pharmacies still open?

All CSC Community Pharmacies will remain open and providers can call-in medicine for those patients who are in need of prescription refills. CareSouth Carolina operates CSC Community Pharmacies in Hartsville, Bishopville, Latta, Bennettsville, Cheraw, Society and McColl. All of our pharmacies are open from 8:30 a.m. to 6 p.m. for all the work of the staff and volunteers that made this event a reality."





TELEHEALTH
from careSOUTH carolina



See a CareSouth Carolina Provider with Your Smartphone, Tablet or Computer!

 Schedule your appointment by calling 843-309-8102.

 Must be an existing CareSouth Carolina Patient.

 Available 8:30AM to 5:00PM Monday-Friday

Welcome TO BETTER HOME HEALTH

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What are the symptoms of COVID-19?

Patients with COVID-19 report mild to severe respiratory illness.

Symptoms can include:

Fever



Cough



Shortness of breath



- Symptoms may appear 2-14 days after exposure.
- Seniors and those with medical conditions are at higher risk and should pay extra attention for these symptoms.
- If you have these symptoms visit dshs.texas.gov/coronavirus for instructions on what to do.

MEDICAL LOCATIONS:

Hartsville • Society Hill • Bennettsville • Bishopville • Cheraw • Chesterfield • Dillon • Lake View • Latta • McColl

PHARMACY LOCATIONS:

Hartsville • Society Hill • Bennettsville • Bishopville • Cheraw • Latta • McColl

To make an appointment, please call 866.498.0399.

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How to manage **fear & anxiety** during Covid-19



The COVID-19 (Coronavirus) outbreak is impacting every aspect of our lives. It is a normal human response to develop increased fears, worries and anxieties in times of uncertainty. Anxiety may be related to the fear of getting the virus as well as how the virus will impact us financially and socially. The good news is there are evidenced-based things we can do to improve our emotional well-being.

In an effort to remain physically and emotionally healthy, we should all follow the CDC guidance regarding good hygiene habits to reduce the likelihood of spreading or getting an infection.

How do we stay socially connected in a world of social distancing? Seek support from friends, clergy and neighbors by phone, text, email, video calls and even old-fashioned letter writing. Self-expression in the form of writing out our thoughts and feelings is a very healing form of communication.

It is important to learn to cultivate a sense of calm. Here's how:

- If the news is stressing you, reduce your exposure to the news. This is especially important close to bedtime. Disconnect from your electronic devices 30 minutes prior to sleep. To relax yourself for sleep, try reading a book and using prayer and meditation to calm your emotions. It is important to get enough sleep as sleep deprivation can come on quickly and is a leading cause of anxiety. Adults require 7 to 9 hours of sleep and children require 10 to 12 hours. It will be challenging, but try to maintain a schedule for children during the time that school is canceled.
- Speaking of children, their worlds have been turned upside down with school, activities and sports cancellations. They will miss their friends and may even act-out a bit if they feel scared or bored. Answer their questions in honest, developmentally age-appropriate ways, but don't wait until they ask you questions, children cannot always put thoughts and feelings into words. Talk to your children daily about how they feel, what they think. Reassure them that you will keep them safe and healthy and explain how.
- Don't hold your breath! As humans we are still dealing with that primitive "flight or fight response" in times of stress. It is instinctual to hold your breath. Be aware of this and practice slow steady breathing. We can also use progressive muscle relaxation, dance, yoga or stretching, music and reading to create pleasant life experiences for ourselves. This is a good time to resume a hobby or develop a new one. I for one am finally doing my Tai Chi video I have had for 5 years!
- Prepare but don't panic. Avoid impulsive behaviors, such as hoarding or over-buying. It is important to be organized and thoughtful in your response to this pandemic by preparing adequately for your family, which usually means maintaining a 3 to 5 day supply of food, hygiene and other necessities. Be sure you are prepared with enough prescription medications and vitamins and other over the counter needs. Read more about pandemic preparedness on the Centers for Disease Control website at [cdc.gov](https://www.cdc.gov).
- Improving your sense of control and ability to cope with life stressors will go a long way towards helping you to accept current circumstances that you cannot change. Shifting your focus to those aspects of your life that you can control -- such as changing your definition of a "good day" to match your current reality and problem solving to match the current circumstances. This is what is meant by "mindfulness".
- Don't hesitate to ask your health care provider questions. There is no such thing as a "silly question." Knowledge is power --- and knowledge reduces stress, anger and frustration.
- Maintain a sense of hope and positive thinking. However, if you do begin to feel helpless, depressed, experience insomnia or loss of appetite or a stress level that you cannot control, or find that you are over using alcohol or other substances, do not hesitate to contact your medical or mental health provider or the National Helpline at 1-800-662-HELP (4357). This hotline is free and confidential and open 24 hours a day.
- Last but not least, be kind and caring to one another. Do not place blame. Be patient. I find it helpful to remind myself that everyone around me is going through something I have no idea about. Add to our normal life stressors, the COVID-19 fears and we need each other more than ever.

Liz Kershner, MSW, LISW-CP AP, serves as the Director of Behavioral Health at CareSouth Carolina.

Help stop **COVID-19 DO THE FIVE!**



HANDS

Wash them often



ELBOW

Cough into it



FACE

Don't touch it



FEET

Stay more than
6ft apart



FEEL

Sick? Stay Home