

Physicians' Primary Care



OF SOUTHWEST FLORIDA

We Are OPEN At All PPC Locations!



We are here for you "in-person and on-line".

Offering telehealth visits via your computer, device, or smart phone.

As your primary care physician we are here to evaluate and manage all your primary care needs from pediatrics to adult medicine.

Experiencing cold or flu like symptoms –**CALL US FIRST**. Please do **not** go to the emergency room or urgent care centers. It is extremely important that we all do our part not to overwhelm our emergency healthcare system.

At this time, we ask that all patients, as well as anyone coming with you, wear some sort of face protection. This protection can be in the form of a mask, scarf or bandana. We continue to have limited supplies.

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In order to best serve our patients and to protect your (and our) health and well-being, we have implemented the following:

- Front door registration and screening. You will be asked a few questions about any symptoms and any risk factors. If you are symptomatic, you will be instructed on where to wait. All patients will be required to wear a mask when in the office for the duration of their visit.
- No “extra” visitors will be allowed in the office.

- **Pediatrics:** Only the patient and one care giver or parent can be in the office during your (or your child's) appointment.
- **Adult Medicine:** Only the patient will be allowed in the office. Exceptions will be made for those in need of assistance.
- We are sanitizing all work areas daily and each exam room is disinfected between every patient.

Managing Stress During COVID-19



Don't let fear and anxiety about the COVID-19 pandemic become overwhelming. Here are a few ways the CDC recommends managing stress during these challenging times:

- **Take breaks from watching, reading, or listening to news stories and social media.**
- **Connect with others.** Talk with friends and loved ones over the phone or via video chat about your concerns and how you are feeling.
- **Take care of yourself.** Take deep breaths, stretch, or meditate. Try to eat healthy meals, exercise regularly, and get plenty of sleep.

A Great BIG Thank You!

We would like to take the time to say thank you to our patients, churches, United Way and all the other businesses that have donated masks and other essential medical supplies during this crucial time.



Call Us with Any Questions

Adult Medicine:

Pediatrics:

Cay West
239-945-5940

Cape Coral
239-573-7337

College Parkway & Olympia Pointe
239-482-1010

Fort Myers & Lehigh
239-481-0570

Viscaya Parkway
239-574-1988



Physician-Owned. Patient-Centered

