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COVID-19 Patient Recommendations

The COVID-19 pandemic continues to put an enormous strain on our nation's healthcare system, and the supply of qualified healthcare providers is becoming increasingly limited. Pharmacists are currently among those healthcare professionals on the front line, providing essential healthcare services during this time.

Pharmacists are among the nation's most accessible healthcare professionals, with 90% of Americans living within 5 miles of a community pharmacy. They are medication experts, providing patient care in a variety of settings, including hospitals, clinics, community pharmacies, long-term care, the medical home, and physician offices.

These recommendations for patients will assist pharmacists in providing critical services.

Reduce the number of visits to your pharmacy – the following strategies will reduce your chance of getting infected and protect the pharmacy staff.

- Talk to your pharmacist about getting an early refill of prescription medication to ensure you will have an adequate supply. We are not recommending a 90-day supply currently to reduce the possibility of drug shortages.
- Ensure an adequate supply of nonprescription medication. Talk with your pharmacist about taking acetaminophen or other fever reducing medications such as ibuprofen or naproxen.
- Consider delivery, curbside pick-up or other options
- Consider having your medication synchronized so that they are all due at the same time.

Give your pharmacy extra time to provide the services you need.

- Call in refills 4-5 days before the medication is needed
- Be prepared to have the pharmacy call you back if they are busy
- Be flexible with delivery of pick-up times. Ask your pharmacist if off-peak (early morning or late evening delivery of pick-up will assist them.

Consider Immunizations – Immunizations reduce the need for physician visits, urgent care visits, and hospitalizations. You want to avoid needing these services if possible. Influenza and Pneumonia immunizations are important for those over 65 years of age. Talk with your pharmacist about obtaining any immunizations that you are eligible for.

Provide updates if your health changes – Let your pharmacist know about any changes in your health including fever, cough, and shortness of breath. This will enable your pharmacist to prioritize your requests and take necessary precautions to avoid the spread of infectious diseases.

Your independent community pharmacist is here to help you during these stressful times. Do not hesitate to contact them with questions or concerns.