



# Please note that due to COVID-19 Pandemic



## **Centered Spirit is taking the following precautions to protect you & our employees:**

- Reduced office hours to 8am to 12pm and limiting staff onsite.
- Encourage & practice social distancing, frequent hand-washing, hourly disinfecting of CSP, etc.
- Offer CSP provider (therapist, case managers, psychiatry) availability during 1-5pm via phone.
- Provide most of services (Therapist, case management, psychiatry) via telephone and telehealth (video).

**If you feel you are in a Crisis situation, please call the crisis line at (520) 591-7206. If this is an emergency, please call 911**

### **Know How COVID-19 Spreads**

- The virus is thought to spread from person-to-person through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

### **COVID-19 Symptoms & Info**

- Fever, cough & shortness of breath.
- There is no current vaccine to prevent COVID-19.
- The best way to prevent illness is to avoid exposure to this virus by: washing hands frequently, social distancing.

**Have questions or concerns? Please contact the front desk at 520-879-6060**