



Holiday Health Message

Our West Texas Hospitals and Healthcare heroes have been working hard to keep the members of our communities safe – in the offices, at home through telemedicine and in our hospitals. However, with the number of cases rising and the daily percentages and hospitalization rates growing, we need your help.

Be careful – safely go out for medical care, food, medicines and other essential needs. Limit the number of places you go to reduce your chances of exposure. This can include taking food to-go instead of eating out, or calling ahead to your favorite local business to order items for curbside pick-up or delivery.

Stay within your household – while this time of year usually means gathering with family and friends to celebrate the season, the best way you can show your love and appreciation this year is to celebrate virtually. We know it's not the same, but this is the best way to protect your loved ones and yourself.

Maintain your health – eat well, sleep well and stay active. We know this is easier said than done, especially with the stress of the pandemic and upcoming holidays.

Wear a mask – when you're in public or near other people you don't live with, wear a mask. Whether outside or indoors (especially if indoors), it's essential to wear a mask and stop the spread.

Wash your hands, clean and disinfect frequently touched surfaces and monitor your health daily for COVID-19 symptoms.

Rest assured – we're going to be with you.

No matter the situation, our offices will remain open for patient care. Our providers will continue using telemedicine to provide you with the care you need. And our teams will be staffing our local hospitals, helping both COVID and non-COVID patients.

During this time, other health issues do not go away

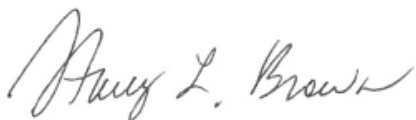
- If you are experiencing any symptoms of a life-threatening emergency, please seek help and call 9-1-1.
- Keep your medical appointments. These are important to preserve and track your health, especially for those with chronic health conditions.
- If you begin to develop any symptoms of a new condition, or changes to an existing condition, call your provider's office.
- Many times, appointments may be available for remote visits. Ask your provider's office for a telemedicine appointment.
- To aid social distancing, please come alone to your appointment. Pediatric patients will be limited to one parent or guardian, and adult patients needing assistance may have one person accompany them to their appointment.

If you have been exposed to someone COVID-19 positive, or begin to develop symptoms:

- Isolate yourself from others in your household.
- Call your primary care provider.
- Wear a mask in your house when you're not able to isolate (e.g. getting food, going to the bathroom, etc.)
- While waiting for your test results, act as though you are positive to try to keep your household safe.
- Follow all recommendations from your primary care provider and Department of Health.

Every step we take to stay safe and keep each other safe makes an impact. Together, with our collective individual choices, we can make a difference and stop the spread.

Sincerely,



Stacey Brown, President
Odessa Regional Medical Center



Russell Tippin, CEO
Medical Center Hospital



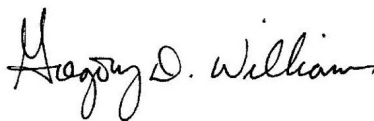
David Turner, Mayor
City of Odessa



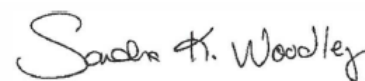
Debbie Hays, County Judge
Ector County




D. Scott Muri, Superintendent Ector
County Independent School District



Dr. Greg Williams, President
Odessa College



Dr. Sandra Woodley, President
UT Permian Basin



Renee Earls, President/CEO
Odessa Chamber of Commerce



Dr. Ben Quiroz, Board Chair
Odessa Hispanic Chamber of Commerce



Chris Walker, President/CEO
Black Chamber of Commerce
of the Permian Basin