



STATEMENT ON COVID-19

The Covid-19 pandemic has caused an unprecedented upheaval in our daily lives and presented extremely difficult challenges to our healthcare system. There is a lot of information circulating around. As we try to do with *Clinical Thyroidology for the Public*, we at the American Thyroid Association would like to make sure that you all have access to the most accurate, reliable, fact-based and updated information.

We recommend the following websites:

- **Centers for Disease Control (CDC)** — <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- **US Department of State** — <https://www.state.gov/coronavirus/>
- **World Health Organization** — <https://www.who.int/>

For thyroid-specific information:

- **American Thyroid Association** — <https://www.thyroid.org/covid-19/>

We all can, and must, do our part to slow the spread of COVID-19 and to “flatten the curve”. COVID-19 is thought to spread mainly from person-to-person who are in close contact with one another. Because of this, we all have the power to attack this pandemic by:

- Practicing Social Distancing (6 feet apart) - This is the best way to avoid being exposed to, or spreading, this virus.
- Cleaning our hands often with soap or hand sanitizer. Avoid touching our eyes, nose and mouth.
- Avoiding close contact with people who are sick.
- Staying home if we are sick, except to get medical care.
- Cleaning AND disinfecting frequently touched surfaces daily.

Take care and stay safe — we will get through this, together.

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