

Here at PAM, we are one big family. Our primary goal is keeping our patients and staff safe. The wellness of your family, and our entire community is extremely important to us. We are working with our staff in all 5 locations and taking the necessary precautions in coordination with the Centers for Disease Control and Prevention (CDC) and Maryland Department of Health (MDH).

PAM's Preparedness

PAM has taken several steps to ensure the safety of our patients and our staff, including:

- Signs with infection prevention practices are posted throughout the organization
- Enhanced environmental cleaning to prevent the spread of infections
- Patients are encouraged to use our website to communicate, or email: telehealth@pamllc.us
- Depending on the situation our telephone system may not be accessible to staff.
- You can avail Telehealth services for new patient visit, follow up appointments, medication refills. Same day appointments are available. Most insurances accepted
- Infection Control Hotline (410-332-4866) for patients
- As we continue to monitor and plan for COVID-19, we will provide regular communications for our staff and patients. We will post updates to this site.

Additionally, the State Health Department has a number and website that the general public can call with questions: 211

What You Can Do

While we are being proactive to protect your health and safety, we also encourage you to do the same. We can all play a role in reducing the potential spread of the COVID-19 in our community.

The following are recommendations issued by the Centers for Disease Control (CDC):

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, please use alcohol-based hand sanitizer.
- Avoid close contact with people who have a cough, fever, or shortness of breath.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are feeling ill.
- Cough or sneeze into the sleeve of your elbow or use a tissue, then throw the tissue in the trash and wash your hands.

- Clean and disinfect frequently touched objects and surfaces using regular household cleaning sprays or wipes.