



Dear Friends,

Dakota Pharmacy, Dakota PrecisionRx Labs and Dakota Natural Health Center are committed to doing everything possible to keep you safe and help mitigate the spread of Coronavirus. Our staff and our customers are very important to us. Please do not be alarmed by our proactive measures.

The following measures are intended to maintain a clean, healthy environment in our pharmacy.

- Routine handwashing (hourly) by all employees
- Hand sanitizer has been made available for pharmacy employees and customers
- High-traffic areas such as door handles, signature pads and countertops are being disinfected multiple times throughout the day
- If as a patient you are not feeling well and need medication, supplements or other supplies we ask that you utilize our drive-up window. In a situation that you prefer to not leave your residence, we can deliver (in the immediate Bismarck area) or mail your orders for a small fee.
- See separate policy for services provided at Dakota Natural Health Center.

Additionally, we apologize if our level of service is less than you have been accustomed. Our dedicated employees are trying hard to make sure your needs are being met, however disruptions in our workflow are expected given the circumstances.

Out of an abundance of caution, we have encouraged associates who are not feeling well to stay home. We are also being mindful of employees with children and daycare concerns brought about due to school and daycare closures.

We appreciate the opportunity to serve you. Your health is our greatest concern. Please don't hesitate to let us know if you have any questions. Our staff is happy to address any concerns and offer any additional health resources to you.

Sincerely,











*Kevin Oberlander R. Ph.*

**Compounding Pharmacist/Owner**

Phone: (701) 255-1881  
FAX: (701) 255-7226  
Toll Free: (800) 290-7028

705 E. Main Ave.  
Bismarck, ND 58501  
[www.dakotarx.com](http://www.dakotarx.com)

**Coronavirus (COVID-19), cold and flu:  
How can you tell the difference?\***

	SYMPTOMS	CORONAVIRUS	COLD	FLU
	<b>Sore throat</b>	Sometimes	Common	Common
	<b>Cough</b>	Common	Common	Common
	<b>Sneezing</b>	—	Common	Sometimes
	<b>Fever</b>	Common	—	Common
	<b>Body aches</b>	Sometimes	Mild	Common
	<b>Tiredness</b>	Sometimes	Mild	Common
	<b>Headache</b>	—	—	Common
	<b>Runny/stuffy nose</b>	—	Common	Sometimes
	<b>Nausea</b>	—	—	Sometimes
	<b>Shortness of breath</b>	In severe cases	—	—

*\*Sources: Centers for Disease Control and Prevention, World Health Organization*

*†Information on COVID-19, including its symptoms, is still emerging.*



# COVID-19 Coronavirus

## SYMPTOMS

- 1 Fever (not always present).
- 2 Difficulty breathing / shortness of breath.
- 3 Cough.

### WASH YOUR HANDS



**Stop the spread of** disease-causing germs by washing your hands often. Use hand sanitizer if soap and water are not available.

### AVOID TOUCHING YOUR FACE



**Keep your hands away** from your eyes, nose and mouth to prevent the spread of viruses from your hands.

### CLEAN AND DISINFECT



**Use a virus-killing** disinfectant to clean frequently used surfaces such as doorknobs.

### STAY HOME WHEN SICK



**Avoid going out when** you are sick, except to get medical care.

### MAINTAIN HEALTHY HABITS



**Get enough sleep, eat** healthy foods, drink plenty of liquids and exercise if you are able to help keep your immune system strong.