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Release Date: July 27, 2011  
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## NEVADA STATE HEALTH DIVISION

### NEWS RELEASE

#### New "Patient Guides" on State Health Website

*Advice for selecting a doctor; avoiding germs in doctor's offices; international travel*

Carson City – "Patient Guides with advice on how to select a physician, avoid infection while at the doctor's office, and prepare for international travel are now available on the Nevada State Health Division website," according to Richard Whitley, M.S., Division Administrator. The Patient Guides are found under "What's New" on the State Health Division home page, [www.health.nv.gov](http://www.health.nv.gov).

"It is the responsibility of the Health Division to keep Nevadans informed and protected from various public health threats. These guides contain valuable information," said Whitley.

Selecting a doctor is an important decision, and the "Patient Guide to Choosing a Doctor" offers advice. The guide suggests that consumers initially consider matters such as insurance coverage, language and location. Step-by-step instructions are provided for selecting a new doctor or checking up on a known physician using the Nevada Medical Board of Examiners website. The guide instructs readers on how to research a physician (M.D. or D.O.) online and via telephone.

The "Patient Guide to Infection Control at the Doctor's Office" lists things patients can do to keep from catching an illness while at the doctor's office. Exposure to communicable illness at doctor's offices is significant because sick people frequent them. The Guide offers precautions patients can take to provide an extra margin of safety.

People planning trips to foreign countries should see a healthcare provider to discuss health concerns about two months before their departure. Each destination has a unique set of health issues, and the "Health Recommendations for Persons Traveling Outside the United States" document is an excellent starting point. It covers pre-travel basics, information on immunizations and medications, and instructions for assembling your own travel health kit. The "Health Recommendations" for travelers document is located at [www.health.nv.gov/epidemiology\\_international\\_travel.htm](http://www.health.nv.gov/epidemiology_international_travel.htm).

For more information about the Nevada State Health Division, go to: [www.health.nv.gov](http://www.health.nv.gov).

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A handwritten signature in blue ink that reads "Richard Whitley".

Richard Whitley, Administrator

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