

COVID-19

Are you ready?

What should you do to protect yourself?

- Wash your hands often and thoroughly with soap and water or an alcohol-based sanitizer
- Avoid touching your eyes, nose and mouth
- Cough and sneeze into your sleeve
- If you are sick, stay home

What can you do to remain healthy and help your body fight infections?

- Eat a healthy diet
- Get plenty of rest
- Drink lots of fluids
- Exercise regularly

What should we do in our clinics?

Reception Area

- Clearly post infection prevention and control procedures to ensure patients and staff understand and use them appropriately
- Increase frequency of cleaning of high-touch areas with routine cleaning products
- Have alcohol-based hand rubs (60-90% alcohol) available as appropriate at the clinic entrance, the reception counter, around the waiting area, as well as near exam room doors

Waiting Room

- Remove soft toys and magazines
- Remove or cover cloth seating
- Space waiting room chairs apart.
Place some in a hallway if needed to separate patients
- Air circulation should be increased if feasible

Exam Rooms

- Empty these exam rooms of all but the bare minimum equipment (e.g. exam table, BP cuff)
- Air circulation should be increased if feasible