

***At Mehling Orthopedics, the safety and well-being of our patients, their families, and our employees is always a priority. Please refer to our immediate, interim office policies and procedures effective immediately.***

### **COVID-19 Precautions**

Patients are screened for fever, cough, and/or flu-like symptoms prior to office visit. If a patient is exhibiting any of these signs the appointment is cancelled.

Temperature checks: Patients should check their temperatures the morning of their appointments. If their temperature is 100.4, they should NOT come to the office.

Recent travel? Anyone who has traveled domestically or internationally in the prior 10-14 days should not be seen until 10-14 days after their return, and only if they have no fever/symptoms.

Patient accompaniment by family members, friends, or children is limited. Patients are encouraged, if possible, to come to their appointments alone or limit to one person accompaniment.

Patients may wait in their cars rather than the waiting room if they choose.

Social distancing: Patients in waiting room shall sit at least six feet apart from one another. Patient scheduling has been spaced out to minimize overlapping of too many patients.

Sanitary check in items: Pen and paper – clean pens are being used for each patient and are being cleaned with approved antiseptic agents before being distributed for use again. Patients are also encouraged to bring and use their own pens.

Clipboard and countertops are cleaned and wiped between direct patient contact.

Social distancing amongst employees is being practiced.

All staff surfaces (cell phones, landlines, light switches, keyboards, computer mouse, break room) are wiped clean at the beginning, throughout, and at the end of the day.

All door handles, countertops, chair arms cleaned with antiseptic wipes, every 30-45 minutes.

Door handles and office countertops in patient rooms and in the flow of patient traffic are wiped clean with antiseptic agents after every patient.

Employees are encouraged to wear facemasks during office hours to prevent touching of their faces and potential transmission of asymptomatic infection to co-workers and patients.

Patients are encouraged to wash their hands for a minimum of 20 seconds upon arrival and departure.

Doctors/PAs/employees are practicing safe hand washing protocol

Common reading materials have been removed from the waiting room.

Exam rooms are thoroughly cleaned with an antiseptic agent between patients.

Temperature self-monitoring: Doctors and PAs are regularly checking their temperatures.

***Five ways to self-care during COVID-19***

*Inform:* Limit excessive exposure to media.

*Connect:* Reach out for emotional support.

*Soothe:* Deep breathing techniques, guided imagery.

*Control:* Focus on things we can control, wash hands, hydrate, nourish.

*Honor and Distract:* Acknowledge fear, anxiety. Find active ways to divert attention.