

## COVID-19: We are open and caring for our community



Orthopedics Northwest is open and is maintaining a safe and sanitized environment. We will continue to take precautionary measures to keep everyone safe. Our clinic environment is frequently sanitized while we minimize everyone's exposure. Your health and safety are our top priority!

We will be screening patients for COVID-19 symptoms and we request that you to follow our clinic protocol. We will require everyone to wear a mask, wash their hands and or use hand sanitizer and adhere to social distancing. With social distancing we are regulating the number of patients in the clinic. We will continue to treat patients both in the clinic and via telehealth.

All surgical patients will be tested prior to surgery for COVID-19. We are coordinating COVID-19 testing with our surgical facilities. We will have COVID-19 test kits available for our surgical patients. For those of you who are scheduled for surgery one of our medical team members will contact you to confirm your surgery date.

We appreciate your patience and understanding. Protect yourself by wearing a mask, washing and sanitizing your hands, practice social distancing and please stay healthy.

Thank you!

# RESOURCES FOR OUR PATIENTS:

If you develop a fever and symptoms of respiratory illness, such as cough, shortness of breath or loss of taste please contact a healthcare professional. If you have travelled in the past 14 days outside the state of Oregon or have been in close contact, greater than 15 minutes with someone who has tested COVID-19 positive, you should call your healthcare professional or Primary Care Physician. Your healthcare professional will work with your state's public health department and CDC to determine if you need to be tested for COVID-19.

If you or someone you know have been exposed to COVID-19, the CDC has issued the following recommendations:

- **Stay home except to get medical care.**
- **Separate yourself from people and animals.**
- **Practice social distancing, 6 feet away from people**
- **Call ahead and inform your health care provider about your exposure or suspected exposure so that they can assess whether you can be seen or to reschedule your appointment.**
- **Wear a facemask (no scarves, bandannas, gaiters or veil masks).**
- **Cover your coughs and sneezes.**
- **Clean your hands and “high-touch” surfaces.**
- **Avoid sharing personal items.**
- **Monitor your symptoms.**

## RESOURCES

- [Oregon Health Authority Website](#)
- [DOWNLOAD the CDC's Fact Sheet for exposure or suspected exposure recommendations](#)
- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>



# What to do if you are sick with coronavirus disease 2019 (COVID-19)

**If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.**

## Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

## Separate yourself from other people and animals in your home

**People:** As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

**Animals:** Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

## Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

## Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

## Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

## Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

## Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

## Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

## Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

## Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.



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For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)