



ALDERLEA
MEDICAL CLINIC

COVID-19 Pandemic Safety Plan (revised Dec. 15, 2020)

If feeling sick with possible COVID-19 (fever, new cough, breathing difficulty, etc.) then stay at home, no exceptions, and call 1-844-901-8442 to arrange a test ASAP. If unsure, you may call 8-1-1 or complete the online BC COVID-19 Self-Assessment Tool: <https://www.thrive.health/bc-self-assessment-tool> or call our office for assistance/directions. **If experiencing severe symptoms then call 9-1-1 (ambulance).**

- Patient visits will be done mostly by phone (or videoconference for some).
- Those with possible COVID-19 symptoms will usually be referred to a testing center.
- No Walk-ins permitted. In person visits will be scheduled only after initial telephone assessment and only when deemed necessary by physician or MOA.
- Mandatory medical grade ‘Mask Up’ policy applies to everyone entering the clinic— exemptions: children 2 years and under; staff when alone in a private office space & during lunch/snack breaks; rarely others. See instruction poster on safe mask use.
- No sharing of food or beverages.
- The maximum # of people allowed in our clinic at any one time currently is: 20.
- Wash hands or use hand rub on entry & exit of clinic, before & after doctor-patient contact, when donning/doffing PPE, at bathroom and other break times, etc.
- Maintain physical distance of 2 metres between each other as much as possible.
- Cover coughs or sneezes with elbow/arm sleeve; change mask if wet or soiled.
- Speak softly wherever possible to reduce potential droplet and aerosol spread.
- Enhanced room cleaning will be done after each patient in addition to scheduled cleaning/disinfecting of high touch surfaces (i.e., door handles).

We all must follow the provincial health officer’s orders.

In this challenging time please remember to

“Be Calm. Be Kind. Be Safe.”