

# Bridgeside Medical Clinic

## COVID-19 IN-OFFICE ASSESSMENT

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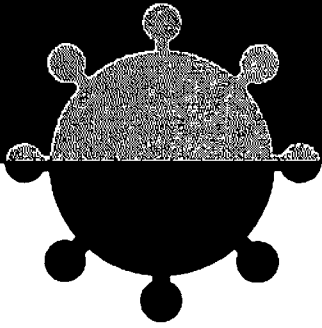
**If you are scheduled for an in-office visit, please follow the protocol outlined below:**

1. Do not arrive early-please arrive only a few minutes before your scheduled appointment
2. Upon arrival, please come and knock on the front door and wait on one of the blue lines taped on the sidewalk outside our office doors
3. If arriving by foot, line up outside the office doors on one of the blue taped lines. Do not call the office to advise us you have arrived. Knock on the door and someone will come to acknowledge you in a few minutes
4. Come equipped with a mask-disposable or reusable-and have it appropriately put on BEFORE we welcome you into the office for your appointment. A mask is **mandatory**. If you need guidance on how to put on a mask appropriately, please refer to the handout provided on "How to Wear a Face Mask"
5. All spouses- including children and/or friends- must remain outside the building or in your vehicle for the duration of your appointment, unless these members also have an in office appointment scheduled at the same time
6. Any accessory that is NOT required for your appointment, must remain in your vehicle or outside for the duration of your appointment. This includes, but is not limited to: cell phones, jackets, purses, reading material
7. When the Doctor is ready to see you for your appointment, one of our staff members will waive you in. Please be mindful you may be just one of four-five people who are also waiting. Keep an eye out for us as we call upon you. At this time, you will also be instructed on which entrance you are to ENTER and EXIT
8. Upon entering you will be required to use hand sanitizer and to still remain an appropriate 2 meter distance while we direct you to the exam room
9. Once in the exam room, please sit on the chair provided and refrain from touching anything unnecessarily while you wait
10. At the end of your appointment, please exit the room and be mindful of maintaining a 2 meter distance from all staff members and EXIT through the door in which you entered
11. If you require a follow up appointment, **you must call the office**. Please keep in mind that unless the doctor has specified another in-office exam, then your next appointment will be via Telehealth video or phone call

Please follow these protocols to the best of your ability, as this will be a longer procedure than all of us are used to.

**A list of things to be mindful of during your COVID-19 ASSESSMENT:**

- 1. Office washroom will **not** be available
- 2. Wearing a mask during your in-office assessment and/or parking lot assessment is **mandatory and you must provide your own**
- 3. Front desk reception will **not** be available to schedule a follow-up appointment. You can call us once you have left the office to schedule one
- 4. **ALL forms will be a minimum 1 week turn around and payment is required by cheque/e-transfer/cash upon completion**
- 5. Be advised that appointment times may vary and run late. If it is past your scheduled time and you are still waiting, continue to wait patiently inside your vehicle or as specified until your practitioner approaches you. If you cannot wait any longer, you may call us to advise you are cancelling and you will be rescheduled at the next available assessment date
- 6. You will not be able to receive any print outs of your labwork or consult reports during this time. If you wish to review any labs or investigations, please refer to our website at [bridgesidemedical.ca](http://bridgesidemedical.ca) to learn how to sign up for *myhealth* or *myhealthportal* through Valley Medical Laboratory or Interior Health



# Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



## Hand Hygiene

**SOAP OR ALCOHOL-BASED HAND RUB: Which is best?**

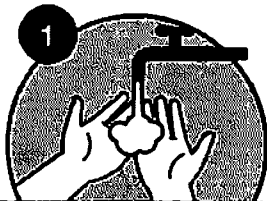


**Either will clean your hands: use soap and water if hands are visibly soiled.**

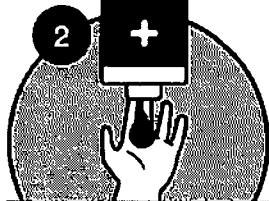


**Remove hand and wrist jewellery**

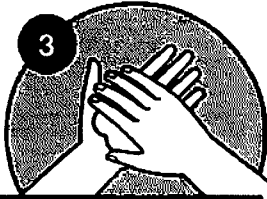
### HOW TO HAND WASH



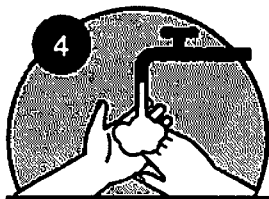
**1**  
Wet hands with warm (not hot or cold) running water



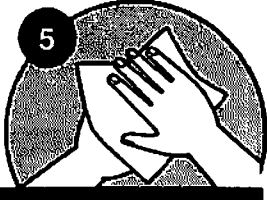
**2**  
Apply liquid or foam soap



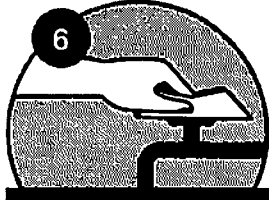
**3**  
Lather soap covering all surfaces of hands for 20-30 seconds



**4**  
Rinse thoroughly under running water

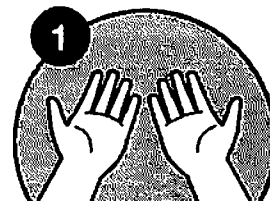


**5**  
Pat hands dry thoroughly with paper towel

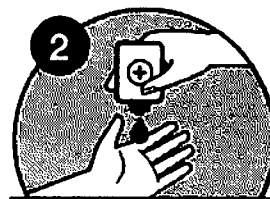


**6**  
Use paper towel to turn off the tap

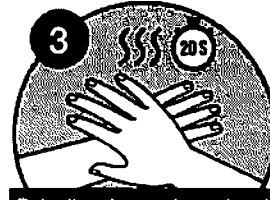
### HOW TO USE HAND RUB



**1**  
Ensure hands are visibly clean (if soiled, follow hand washing steps)



**2**  
Apply about a loonie-sized amount to your hands



**3**  
Rub all surfaces of your hand and wrist until completely dry (15-20 seconds)

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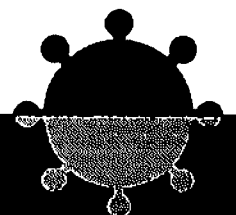


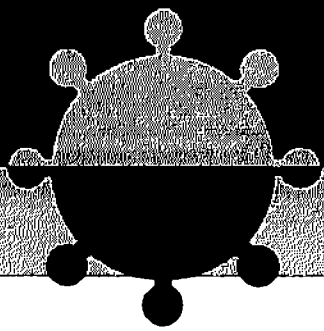
Ministry of Health



BC Centre for Disease Control

**If you have fever, a new cough, or are having difficulty breathing, call 8-1-1.**



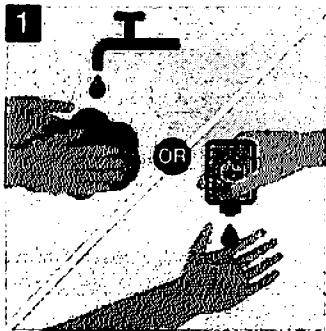


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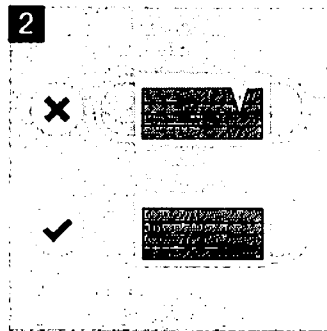
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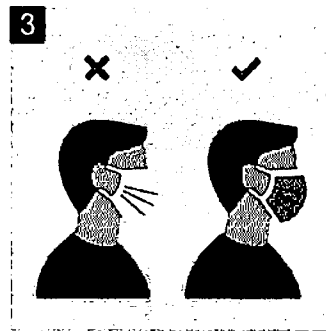
## How to Wear a Face Mask



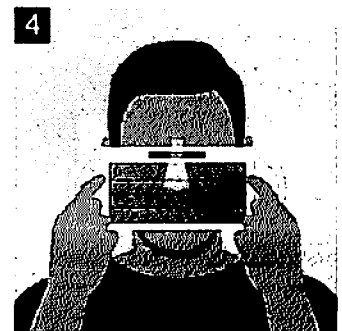
1 Wash your hands with soap and water for 20-30 seconds sure it's not damaged.



2 Check the new mask to make

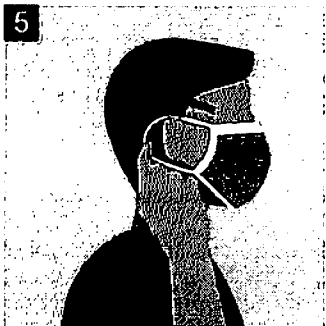


3 Ensure colour side of the mask

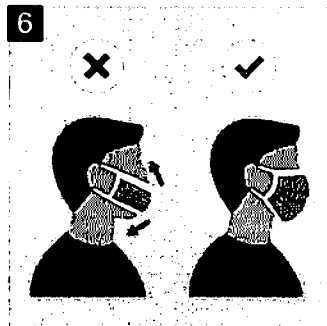


4 Locate the metallic strip.

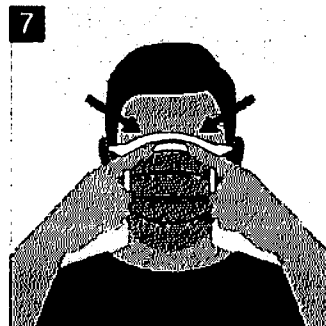
touching the face mask.



5 Place an ear loop around each ear or tie the top and bottom straps.



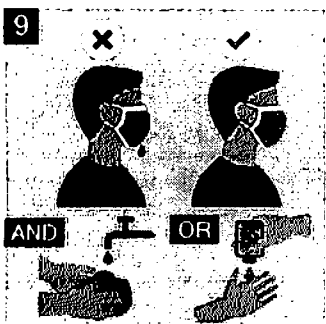
6 Cover mouth and nose fully, making sure there are no gaps. Pull the bottom of the mask to fully open and fit under your chin.



7 Press the metallic strip again to fit the shape of the nose. Perform hand hygiene.

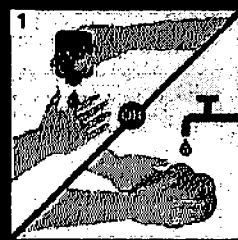


8 Do not touch the mask while using it, if you do, perform hand hygiene.

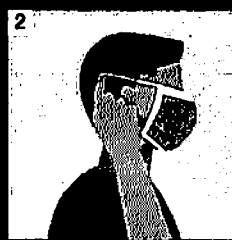


9 Replace the mask if it gets wet or dirty and wash your hands again after putting it on. Do not reuse the mask.

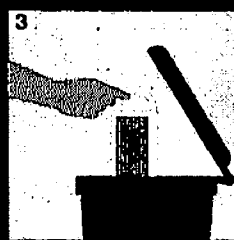
### Removing the Mask



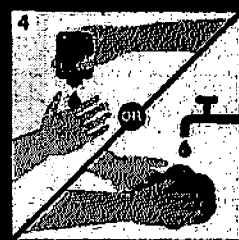
1 Perform hand hygiene.



2 Do not touch the front of your mask. Lean forward, gently remove the mask from behind by holding both ear loops or ties.



3 Discard the mask in a waste container.



4 Perform hand hygiene.



Ministry of Health



BC Centre for Disease Control

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Non-medical inquiries 1-888-COVID19 (1888-268-4319)  
(ex. travel, physical distancing): or text 604-630-0300

