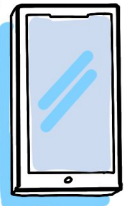


NAVIGATING DOCTOR VISITS

Shanina Knighton PhD RN

DURING COVID-19

BEFORE YOU GO... **CALL** THE PRACTICE AND ASK HOW THEY ARE KEEPING PATIENTS SAFE OR ASK IF THEY CAN DO A TELEHEALTH VISIT INSTEAD



AFTER YOU ARE THERE... **MINIMIZE CELL PHONE USE** TO LIMIT SURFACES IT COMES IN CONTACT WITH. GENTLY WIPE IT DOWN WHEN YOU RETURN HOME

DO NOT SKIP APPOINTMENTS

MANAGING YOUR HEALTH SHOULD BE A PRIORITY

MEDICAL CONDITIONS, LIKE ASTHMA OR OBESITY, CAN INCREASE YOUR RISK OF DEATH FROM COVID-19

NOT CARING FOR EXISTING CONDITIONS SUCH AS HIGH BLOOD PRESSURE & HEART FAILURE ALSO INCREASES YOUR RISK OF ORGAN DAMAGE AND DEATH.

PREVENTION IS BETTER THAN TREATMENT

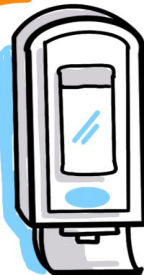
BE MINDFUL IN PUBLIC SPACES

WEAR A MASK

HEALTHCARE FACILITIES REQUIRE THEM

CLEAN YOUR HANDS

AFTER TOUCHING PENS, TOUCHSCREENS OR DOORKNOBS

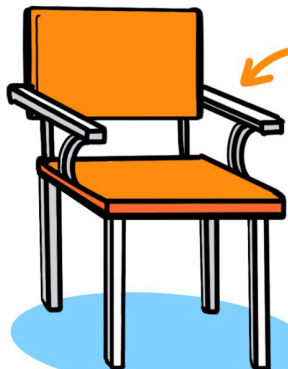


*AND MAKE SURE YOUR PROVIDER CLEANS THEIR HANDS WHEN ENTERING THE ROOM

USE THEIR HAND CLEANING PRODUCTS...

ESPECIALLY AS YOU LEAVE THE OFFICE

WIPE DOWN ARMS OF CHAIRS YOU SIT IN



REMEMBER TO WIPE DOWN ANY MEDICAL DEVICES YOU BROUGHT WITH YOU WHEN YOU GET HOME

