

## Covid-19 Policy for John B. DeKeyser, MD PC

The health and safety of our patients, employees and community is our highest priority. To learn more about potential exposure and risk to the 2019 novel coronavirus (COVID-19), please visit the Alaska State Health Department's website at [coronavirus.alaska.gov](https://www.coronavirus.alaska.gov). The website is the most up to date for symptoms, prevention, transmission and recommendations for businesses, schools and other employers.

Our office is open, though we may have limited open days or hours, because we believe that it is important that our patients have access to healthcare so that they remain as healthy as possible.

- Our staff continue vigilant sterilization and disinfection protocols.
- We will offer appropriate appointment scheduling to assist with social distancing; meaning you may not get your preferred appointment time, but you will be seen. We only ask that if you are experiencing any of the following symptoms, that you **NOT** come into the office, but instead **reschedule** your appointment by calling 907-339-9700.
  - Cough
  - Sore Throat
  - Fever
  - Shortness of Breath
  - Have traveled "Outside" in the last two (2) weeks.
- We are offering limited telehealth (over the telephone) and eHealth (via the patient portal) visits.

Alaska Health Authority officials continue to recommend the following to prevent the spread of many respiratory illnesses:

- Practice Social Distancing!
- Cover your coughs and sneezes with a tissue and then throw the tissue in the trash.
- Wash your hands often with soap and water for 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Avoid close contact with people who are sick. Exercise Social distancing.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Clean and disinfect surfaces that are often touched.
- Take care of your health overall. Staying current on your vaccinations, including flu vaccine, eating well and exercising all help your body stay resilient.

For those concerned about symptoms: If you have a fever, cough or difficulty breathing and have traveled internationally in the past 30 days OR have had close contact with a person suspected of the 2019 novel coronavirus (COVID-19), please call 2-1-1. If you call the office, our staff will only advise you to call 2-1-1.

We ask that if you are experiencing any of the above symptoms, that you NOT show up at our office or an ER Department. Please call 2-1-1. Please call our office 907-339-9700 to reschedule your appointment as a courtesy.