Preparing for an In-Office Visit During Covid-19 and Beyond

Many healthcare providers have developed new safety protocols to ensure the safety of patients and providers during COVID-19. The guidelines included below are common among medical practices. For more specific information about the changes at your provider’s office, reach out to them and inquire directly.

How to Prepare at Home:

- Ensure you are feeling well.
- Take your temperature.
- Collect a mask, hand sanitizer, and other items you may need to feel safe when entering public spaces.
- Make a list of concerns you would like to discuss with your provider.
- Avoid bringing other people to your appointment with you.
- Allow for extra travel time so you arrive ten minutes early.

How to Prepare After Arriving to the Office:

- Answer questions about your physical health, exposure risk, and travel.
- Take your temperature.
- Limit physical contact with others.
- Maintain physical distance from others.
- Practice proper hygiene and wash your hands frequently.
- Do not touch your face or mask.

How to Prepare During the Appointment with the Provider:

- Observe that the provider practices proper hygiene.
- Discuss the concerns from your list.
- Ask questions if you do not understand.
- Discuss follow-up.
- Schedule your next appointment.
- Wash your hands after the appointment.