

# 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.

