COVID-19 UPDATE
Clinic / Symptoms / Guidelines

Important COVID-19 Information from the Wainwright Clinic

COVID-19 is still in Alaska and we must all work together to keep it from affecting our community.

Wainwright Clinic:
1. To ensure the safety of the community and health care workers and stop/slow the spread of COVID-19, **Clinic Doors will be Locked** to the public effective Friday 5/29/20 – **No Walk-Ins**
2. Please call the Clinic staff at 763-2714 or 763-2814 **BEFORE** going to the clinic for assistance.
3. COVID-19 Testing will still be available at the Clinic by appointment from Friday May 29 onward
4. If you need to have your prescription refill delivered, please call 763-2714 or 763-2814.
5. If you experience COVID-19 Symptoms, call the Clinic for an appointment. Avoid close contact with others.
6. If you need medical assistance for any other reason, please call for an appointment to 763-2714 or 763-2814. If you have a medical emergency, call 911

COVID-19 Symptoms
If you experience these symptoms -- Call the Clinic to schedule an appointment

1. Shortness of Breath or Difficulty Breathing
2. Cough
3. Fever over 100.3 degrees
4. Chills
5. New Loss of Taste or Smell
6. Muscle Pain
7. Sore Throat
8. Nausea
9. Vomiting
10. Diarrhea

Protect our Elders, First Responders and our Community – follow the CDC guidelines to avoid transmission of the COVID-19

1. Wear a face covering when in a public setting in close contact with others - even if you don’t have symptoms, you may have COVID-19. Your face mask protects others and protects you too.
2. **Social Distancing:** Stay at least 6 feet from other people (outside home/family)
3. **Wash your hands** frequently with soap and water for 20 seconds (Happy Birthday song 2 times). If water isn’t available use hand sanitizer that is at least 60% alcohol
4. Avoid touching your face, mouth, nose and eyes
5. Routinely clean and disinfect frequently touched objects and surfaces like doorknobs, handles, faucets, phones, keyboards, toys, etc.
6. If you feel ill, **stay home**. Call the Clinic at 763-2714 or 763-2814 to schedule an appointment.
7. **Special Protection for At Risk Individuals** 60 or older and individuals with underlying medical conditions such as chronic heart disease or lung disease, asthma, diabetes, compromised immunity: In addition to guidelines below, limit exposure by staying home and getting assistance from family or the Elder Homemaker Services program for necessary shopping and other errands.