



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

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