

## Steps we are taking to protect you, our team and ourselves from COVID-19

1. Screening all patients by a questionnaire for signs and symptoms of COVID-19 and taking their temperature. If any symptoms, they will not be treated and sent home and advised to contact their physician for testing.
2. Magazines have been removed from reception room since these items are difficult to clean.
3. All team members and doctors have been tested for COVID-19 and tested negative.
4. All team members and both doctors will record their temperature and any symptoms before the start of each day and maintain social distancing when feasible.
5. Separating patients by six feet in reception room. We also have separated chairs in the lobby. Please wear a mask and wash hands with hand sanitizer available on front counter when you enter the office. If filling out a medical history or COVID-19 consent for treatment form, use your own pen or you will be given a disinfected pen.
6. Accompanying rides are asked to wait in the lobby or in their cars.
7. Plexiglass shields are placed at front desk to shield any transmission.
8. All operatories are separated by floor to ceiling walls and doors are kept closed in the main two operatories during the rare aerosol producing procedures.
9. Air filters placed throughout office that are proven to filter out coronavirus. Eight different air filters that would handle an office of 6000 sq.ft. are running 24/7. Our office is 1600 sq.ft.
10. In addition, the air, and surfaces in each operatory are sterilized by 15 minutes of UV light proven to kill coronavirus after any procedure that might produce aerosol. We also have a UV wand that will sterilize most items in five to ten seconds.
11. We have N95 masks (99.9% filtration) that are fit tested and level 3 masks (98% filtration), safety glasses, face shields, hair covers, foot covers, gloves, and gowns for all team members.
12. All instruments are heat pressure sterilized.
13. Aerosol producing procedures are minimized during treatment.
14. High volume evacuators will be used when indicated for aerosol producing procedures.
15. We have special over the patient suction devices that greatly minimize any aerosol escaping.
16. Commonly touched areas are disinfected throughout the day.
17. Operatory chairs and light handles etc., are covered by protective wraps and then wiped down with a high-level disinfectant.
18. At office and home, wash hands frequently and do not touch your mouth, nose, or eyes.

19. All patients pre-rinse with either 1.5% hydrogen peroxide or 1% Betadine, both of which are proven to kill coronavirus on contact.
20. For protection at home, we recommend irrigating with dilute bleach (one teaspoon to 8 ounces of water) once per day and rinsing with dilute bleach (one teaspoon to 4 ounces of water) once per day. If unable to irrigate, rinse twice per day. After irrigating or rinsing wet a Q-tip cotton swab with the dilute bleach and clean the inside of your nose as high as comfortable. If uncomfortable with bleach, 3% hydrogen peroxide diluted in half could also be used.
21. When grocery shopping etc., wear your mask and disposable gloves.

**YOUR SAFETY IS OUR FIRST PRIORITY**