

Health Check

MAY 2020

 **Kelsey-Seybold Clinic**
Changing the way health cares.™

SPECIAL EDITION Guide for a healthier office

While many employees are working remotely from home during the COVID-19 quarantines, some still have to spend time in the workplace to get their jobs done. This Special Edition is meant to cover a few basics for a healthier work environment.

Basics for healthier workplace

- 1.) Everyone should regularly clean high-touch surfaces. Supervisors should increase availability of disinfecting wipes and germ-killing hand sanitizers, and be sure everyone knows how to use them effectively. Place unscented lotions around the office to help keep hands from drying out.
- 2.) Managers should continue to improve professional cleaning and disinfecting procedures within the office.
- 3.) Where possible, rely on touch-reducing amenities such as double-swinging push doors, motion sensor lights, and other hands-free amenities to help reduce germs in high-traffic areas.
- 4.) If flexible seating is an option and people share desks, clean equipment, workstations, and surfaces before changing seating arrangements.
- 5.) If returning after working remotely, your office may have implemented a policy requiring face coverings. Make sure you'll be complying with the new rules.
- 6.) Practice in-office social distancing. If you feel sick STAY HOME and make a Virtual Healthcare Visit.

Make Virtual Healthcare your first option

If you think you have COVID-19, but don't require immediate medical attention, contact your Kelsey-Seybold provider regarding Virtual Health options, which include Video, Telephone, and online E-visits. You will interact with a physician, registered nurse, nurse practitioner, or other clinician. They can access your electronic medical record, evaluate symptoms, and make appropriate recommendations based on your symptoms and health history. If a physician feels the need, diagnostic tests can be ordered, or prescriptions sent to a Kelsey Pharmacy or pharmacy of your choice. (Parents can schedule Virtual Visits for their kids, too.)

Virtual Visits are available to all Kelsey-Seybold patients, and physicians can still schedule an in-clinic appointment *after* your Virtual Visit.

For information about Virtual Healthcare options, visit kelsey-seybold.com/virtual.