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.