

Instructions for Prior to Outpatient Appointment (COVID-19)

For your health and the safety of all, we want to ensure you minimize your chance of getting COVID-19 in the time leading up to your appointment.

Reduce risks

Avoid risks where possible during the days before your visit. This includes refraining from going for groceries and exposures beyond your immediate circle. The “How to Self-Isolate” fact sheet provides more detailed information. Self-isolating is not required before an outpatient test, but it the best way to minimize the risk of getting or exposing others to COVID.

Wear a Mask

- Consider wearing a mask, even at home, when you are within six feet (or two metres) of anyone. The mask can be any mask you have access to, including one made of cloth.
- Household contacts should also wear a mask whenever they are within six feet of you. This is especially important if people you live with work outside the home.

Hygiene

- Clean your hands frequently for at least 15 seconds, and avoid touching your face.
- Disinfect common touch surfaces regularly.

Monitor Symptoms

Self-monitor in the time leading up to your outpatient appointment and immediately notify your Referring Provider if you or your household contacts develop any of the following symptoms, or are tested or diagnosed with COVID-19:

- Contact with anyone with an acute respiratory illness or anyone who has travelled in the past 14 days
- Contact with anyone who has had COVID or was suspected to have COVID in the last 14 days
- Fever or chills
- New cough or worsening chronic cough
- New or worsening shortness of breath or difficulty breathing
- Sore throat or difficulty swallowing
- Decrease or loss of sense of taste or smell
- Headaches (new or unexplained)
- Unexplained fatigue or muscle aches
- Nausea/vomiting, diarrhea, abdominal pain
- Pink eye (conjunctivitis)
- Runny nose, or nasal congestion without other known cause
- If you are over 70 years of age: delirium, unexplained falls, acute functional decline, or worsening of a chronic disease

Day Before Your Appointment

Hospital staff will phone you to screen you for symptoms of COVID-19. Please ensure you have provided your referring provider with the best contact number to reach you the day before your appointment.

Day of Appointment

- Call the hospital if you have developed any symptoms listed above while self-monitoring.
- Plan to arrive no more than 15 minutes before your appointment to get through the screening process. Avoid using public transportation if possible. Follow the signage to the appropriate entrance. For the safety of all patients, if you arrive late your examination will need to be rescheduled.
- Upon entrance to the hospital, you will be screened at the door, asked to clean your hands, and required to wear a hospital-issued mask for the entirety of your visit at the hospital.
- Patients wearing clothing without zippers, buttons or embellishments may not have to change into a gown for their examination.
- As you will be wearing a mask throughout your stay, please do not bring food or drink into the hospital for your appointment.
- We regret no visitors are permitted in the hospital, not even to accompany you on the day of appointment. This is important to helping us maintain physical distancing in hospital waiting areas. Exceptions may be made for certain circumstances. Please note: viewing Obstetric ultrasounds is not one of the exceptions. CDs will be provided for the 18-22 week scan.

Possibility of Cancellation

The MAHC team is doing everything possible to continue to provide quality care within the constraints of the COVID-19 pandemic. That said there is always the possibility of unanticipated factors that may cause cancellations of procedures even up to and including the day of your appointment. We appreciate your understanding.

Possibility of COVID-19 Exposure

Even people without symptoms can spread COVID-19 to others. This means that despite all efforts to ensure staff and patient safety (such as daily staff screening, testing of symptomatic staff, self-isolation of patients prior to admission wherever possible, etc.), there will always be a possibility of being exposed to COVID-19 in any public space, including our hospitals. Please consider this when determining if imaging is right for you at this time. Contact your health care provider if you have any questions or concerns.

COVID Testing

If you feel you need a COVID test, you can speak to your care provider about an appointment at a COVID-19 Assessment Centre in Huntsville or Bracebridge, or you can call the toll-free number to book your appointment at 1-888-383-7009.