

# 5 Steps to get care safely during COVID-19

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## Contact your provider

Connect with your provider using virtual options when you can and when you and your doctor decide it is right.



MyChart



Virtual Video Visits



Telephone  
503-494-8311

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## Weigh your personal risk

If you need to get care in person, decide with your provider what the risk is to delay that care.



See  
“My Personal Health Risk Worksheet”  
on next page.

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## Get ready for your visit

Follow the instructions to safely get ready for your visit. Your provider may ask you to:

- Get tested for COVID-19 before surgery.
- Stay home for two days before a procedure.
- Call before coming in if you get symptoms of COVID-19 before your appointment.

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## Visit OHSU safely

If you come in for care, follow the new rules to keep everyone safe. Learn more about how we are keeping patients safe at [ohsu.edu/patientsafety](https://ohsu.edu/patientsafety).

- Temperature and symptom check at building entrances.
- Masks for everyone (age 2+).
- Hand sanitizer provided.
- Common spaces arranged to keep people 6 feet apart.
- Signs and floor decals to guide people to stay 6 feet apart.
- Plexiglass shields in check-in areas.
- Added evening and weekend hours to have fewer people on-site at once.

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## Follow up

After you visit us, we will provide you instructions on how to avoid getting COVID-19 while you recover from your procedure or surgery.



COVID-19 Hotline  
833-647-8222

|                          |        |   |                            |   |        |
|--------------------------|--------|---|----------------------------|---|--------|
| Should I wait to get:    |        |   | <i>Treatment/Procedure</i> | ? |        |
| My risk if I delay care: |        |   | My risk if I get COVID-19: |   |        |
| ●                        | High   | ● | High                       | ● | High   |
| ●                        | Medium | ● | Medium                     | ● | Medium |
| ●                        | Low    | ● | Low                        | ● | Low    |
| Should I wait to get:    |        |   | <i>Treatment/Procedure</i> | ? |        |
| My risk if I delay care: |        |   | My risk if I get COVID-19: |   |        |
| ●                        | High   | ● | High                       | ● | High   |
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| ●                        | Low    | ● | Low                        | ● | Low    |