**Steps to get care safely during COVID-19**

1. **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**

2. **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.

3. **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.

4. **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.
     - 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.

5. **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
<table>
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<tr>
<th>Should I wait to get:</th>
<th>Treatment/Procedure</th>
<th>My risk if I delay care:</th>
<th>My risk if I get COVID-19:</th>
<th>Today's risk of catching the virus at OHSU:</th>
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