## 5 Steps to get care safely during COVID-19

<table>
<thead>
<tr>
<th>Step</th>
<th>Activity</th>
</tr>
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</table>
| **1** | Contact your provider  
Connect with your provider using virtual options when you can and when you and your doctor decide it is right. |
| **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. |
| **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.  
- 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. |

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**MyChart**  
**Virtual Video Visits**  
**Telephone**  
503-494-8311  
**COVID-19 Hotline**  
833-647-8222
## My Personal Health Risk Worksheet

### Should I wait to get: Treatment/Procedure?

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