



### **Organizational Policy Regarding Coronavirus (COVID-19)**

The doctors and staff at BSDA continue to monitor the spread of the COVID-19 virus in light of the global pandemic. While BSDA does not have any confirmed or suspected cases of COVID -19 at our facility, we take the health and well-being of our patients and staff very seriously. As part of our plan to keep our patients and staff as safe as possible, BSDA is following the US Center for Disease Control and Prevention and Maine CDC precautions and screening guidelines.

**While the threat of coronavirus can be concerning, please remember that the vast majority of cases are mild, and that you can take steps to keep you and your loved ones healthy:**

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60 percent alcohol. Always wash hands with soap and water if hands are visibly dirty
- Cough and sneeze into your sleeve, not your hands. Or use a tissue and then throw the tissue in the trash
  - Stay home when sick
  - Avoid close contact with people who are sick
  - Avoid touching your eyes, nose, and mouth
- Clean and disinfect frequently touched objects (like your cell phone) and surfaces using a regular household cleaning spray or wipes

#### **For Our Patients**

Please do not visit our practice if you:

- Have a fever, cough or shortness of breath
- Have recently visited a country or an area with community spread of COVID-19
- Have had contact with a person known or suspected to be infected with COVID-19
  - Are immunosuppressed or susceptible to community acquired illness

#### **Testing for COVID-19**

- Now available through NorDx, testing guidelines to be followed as recommended by the US CDC (<https://emergency.cdc.gov/han/2020/han00429.asp>)

#### **Additional References**

- Maine CDC: <https://www.maine.gov/dhhs/mecdc/rules/maine-cdc-rules.shtml>
- US CDC: <https://www.cdc.gov/coronavirus/2019-ncov/community/index.html>