

COVID-19 Health and Safety Update:

The health and safety of Alpine Plastic Surgery's patients and staff is always our top priority. We are closely monitoring the recommendations of the CDC, and the state of Utah.

Our facility is accredited through the Joint Commission and Medicare we follow strict guidelines regularly to ensure a safe environment. We have implemented additional safeguards in response to the global COVID-19 outbreak to further minimize risk.

What to Know:

- **We are OPEN and SEEING PATIENTS**, should any changes be made we will post the information on our website and call our patients who have scheduled appointments and surgery's.
- The most common COVID-19 symptoms resemble those of your average respiratory infection—fever, cough, shortness of breath—and tend to be mild in most cases.
- If you or one of your family members is having flu-like symptoms (fever of 100.3 or higher, cough, runny nose or shortness of breath), please reschedule your appointment by calling us at 801-689-3500, you can also text us using that same number.
- If you have recently traveled internationally or domestically to an area with large outbreaks of COVID-19, we ask that you wait at least 14 days until you schedule an appointment.
- Additionally, if you have been exposed to someone who was diagnosed with COVID-19 or who was quarantined as a precaution, please reschedule for at least 14 days after that potential exposure.
- To keep exposure risk low for our patients and staff we will be implementing that each patient is limited to be accompanied by (1) adult for appointments and surgical procedures. We also ask that you do not bring children with you to appointments. If a patient is accompanied by more than (1) adult or you are accompanied by your children, you will be asked to reschedule that appointment.
- We understand with schools being closed at this time and the impact this has been on everyday life that you may need to reschedule or cancel an upcoming consultation or appointment. You will not be penalized for rescheduling or cancelling within these next few weeks and we will do our best to get you rescheduled within an appropriate time frame.

What you can expect from us:

- As always, universal precautions that are standard for any medical office/facility including gloves and sterilized equipment remain in full effect. During surgical procedures masks, gloves and sterile gowns are also still in effect. We continue to be serious about providing a safe environment for our patients.
- All staff members are required to stay at home if they are sick or think they have been exposed to the COVID-19 virus.
- Instruments are cleaned and sterilized daily between patients and after every surgical procedure.
- Surfaces, such as the exam chairs, lights, drawer handles and countertops, are disinfected between each patient. The operating room and its equipment are sterilized and cleaned after every surgery.
- Between surgery's Dr. Barnett and the operating room staff change into clean scrubs.
- Surgical Staff involved in patient care use appropriate protective equipment such as gloves, masks, gowns and eyewear. After each patient and surgery, disposable gloves, masks and gowns are thrown away. Before seeing the next patient, everyone on the treatment team washes their hands, puts on new gowns, new eyewear and a new pair of gloves.

Additional precautions being taken include:



- Patients are asked to utilize hand sanitizer upon entering the office. Hand sanitizer, tissues and no touch trash receptacles are available in the reception area as well as every treatment room.
- Any patient with a cough, for example due to allergies, are asked to wear a mask while at the office. We can no longer supply masks to patients due to medical supply ordering being allocated through medical supply companies. We also ask that if filling out paperwork that you leave your pen on the reception desk and they will wipe it down accordingly between each patient.
- Patients will be screened for fever prior to the start of their appointment.
- Routine cleaning and disinfecting strategies continue along with ongoing disinfection of common contact areas such as the front desk, doorknobs, waiting room seating and bathroom faucets.

Important steps you can take to protect yourself and others:

- We recommend our patients stay informed and follow the guidelines of the CDC and state of Utah.
- Clean your hands often.
- Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of being ill.
- Stay home if you are sick, except to get medical care.
- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Throw used tissues in the trash. Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.
- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

Our patients' health and safety are our top priority. We will continue to communicate with you as we navigate the current situation. If you have any individual questions or concerns, do not hesitate to contact us directly.

Sincerely,

Alpine Plastic Surgery Staff