

We wish to reassure all precautionary measures are being taken in regard to the Coronavirus (COVID-19). All efforts are being made to meet the needs of those we serve.

SAFEGUARDING EVERYONE'S HEALTH AND WELL-BEING



• **OFFICE HOURS** – All Meridian offices are remaining open and are continuing the same clinic hours as normal to accommodate patients and the community during this time.



• **EXPOSURE & TESTING** - If you believe you or your child may have been infected by the coronavirus, please contact us by phone and we will direct you to the proper facility for testing.



• **SCHEDULED APPOINTMENTS** - We are RESCHEDULING all ROUTINE and NON-URGENT care visits for the next 8 weeks, except routine vaccinations for children or otherwise instructed by your doctor. This preventative measure is to ensure non-sick patients aren't exposed to the virus. A Meridian staff member will be calling you to reschedule your appointment and answer any questions.



• **SICK VISITS** – Please call ahead for ALL sick visits, especially for symptoms of a fever and cough. We are abiding by CDC guidelines to reduce the risk of COVID-19 contamination by requiring anyone with symptoms to contact us via phone before coming into the office.



• **CAR VISITS** – If you or your child needs an Influenza A & B or strep swab, we may come out to your car. This limits everyone's exposure and makes your visit safer. Please call ahead to arrange before arriving.



• **VIRTUAL VISIT - TELEHEALTH** – We are implementing telehealth services, which provides additional social distancing as an available extension for some patients and clients for psychiatry and medical services. Please call your office to inquire about a telehealth virtual visit.



• **CAREGIVERS** – We ask that only the patient and one additional healthy person can attend the appointment, unless approved as a special circumstance will be allowed.



• **FACILITY CLEANING** - Disinfecting and sanitizing of surfaces is critical to prevent the spread of illness and disease. Meridian uses every precaution with disinfecting. These protocols coincide with our daily and nighttime cleaning throughout all Meridian facilities. In addition to our regular disinfectants, we also use electrostatic spray disinfectants to ensure optimal deep cleaning. We have hand sanitizer dispensers throughout our facilities and are increasing stations throughout the organization.



• **KEEP POSITIVE** – Mental and emotional well-being are just as important as physical well-being. Remain calm, try to limit obsessive watching of the news and social media. Create new habits of health and wellness, such as exercise, reading, cooking, spending time with family within the household, reaching out to friends via phone and virtual apps, and many other things that help calm you.



• **STAY IN** – The best plan of action is stay home. Do not venture out to anywhere unless it is essential. Abide by the social distancing recommendation. Don't put yourself at risk for spreading the virus.



• **UPDATES** – We will continue to keep you updated with new information as we receive it. In the meantime, practice physical distancing and social awareness. Help #FLATTENTHECURVE so we all remain safe and healthy during this time.

FOR ADDITIONAL INFORMATION

FOR QUESTIONS OR CONCERNS CALL
1-866-306-2647

MeridianHS.org