

Living with MS

COVID-19 precautions and restrictions

As you all know the COVID-19 pandemic is not over. Guidelines are constantly changing but we are doing our best to follow those guidelines and still offer the best care for our patients. Below is a list of current restrictions for Saunders Medical Center. Remember these can change at any time so if you have questions or concerns please call before you leave for your appointment.

- Our office is offering telehealth appointments if you do not feel comfortable coming in but we are continuing to see patients in clinic. It is your decision.
- Patients and staff are required to wear a mask while in the building
- Everyone entering the building will have their temperature screened at the door and if it is greater than 100.0 they will be asked to leave and reschedule their appointment
- All patients will be asked some simple COVID-19 screening questions during the check in process.
- If you think you may have COVID-19 then you should contact your primary care provider. If you do not have a primary care provider you can contact our office and we can give you instructions on how to get tested.

Below are some guidelines from the Nebraska Department of Health and Human Services on how to slow the spread of COVID-19 and protect yourself.

1. Stay at least 6 feet away (about 2 arms' length) from others. Keeping distance from others is especially important for people who are at a higher risk of getting very sick (those over 65 years of age, have serious underlying health conditions or are immunocompromised.)
2. Stay at home and only grocery shop once per week alone.
3. Wear a cloth face covering in public (grocery stores, pharmacies etc.)
4. Work from home, if possible.
5. Hold conference calls or virtual meetings instead of in person.
6. Stay home if you or someone in your house has a sudden onset of cough or shortness of breath or a fever.
7. Wash hands often with soap and water (especially before you eat). If soap and water aren't available, use an alcohol-based sanitizer that contains at least 60 percent alcohol. Avoid touching your eyes, nose, and mouth with unwashed hands.
8. Cover your nose and mouth with a tissue when you cough or sneeze then throw the tissue in the trash.
9. Clean and disinfect frequently touched objects and surfaces, especially counters, handles, doorknobs, tabletops, remotes and keyboards.

<http://dhhs.ne.gov/Documents/COVID-19%20General%20Public%20Fact%20Sheet.pdf>

Important Information

We have 2 used wheelchairs and 2 used walkers available for free on a first come first serve basis. If you are interested please call our office at 402-443-1456. Both walkers are adjustable and have front wheels only. Both wheelchairs have pedals.



Upcoming Events:

- The Health fair that was scheduled for Saturday, August 29th has been canceled for this year. We will continue to have the annual health fair next year.
- At this time, we have tentatively scheduled our 6th annual Night of Lights event for Friday, December 4th. We are not selling tickets for this event yet and will keep an eye on the COVID-19 situation.
- Melissa Fulton will be out of the office for surgery December 23, 2020 – January 14, 2021. All appointments and phone calls will be directed to Abby at this time

General Information/Tips

- Saunders Medical Center has a new patient portal. We encourage all of our patients to register and use the patient portal. To register please speak with registration either in person or at 402-443-4191.
- Please refrain from calling or texting Melissa or Abby on their personal cell phones. If you have an emergency after hours please contact our nurse line at 402-443-4191 and ask for the hospital nurses.
- Due to our increasing patient load, we need to start charging patients who cancel their appointment less than 24 hours in advance.
- Please arrive a half hour before your appointment to ensure there is adequate time for the check in process and our providers do not get behind for other patients.
- To schedule appointments please call registration at 402-443-4191. Our nurse is unable to schedule appointments and will have to transfer you.
- **Please call 402-443-4191 to notify Patti(ext 533) or Katherine(ext 539) if you have any change in your medical or prescription insurance. Also please make sure to give registration both cards at check-in.**
- If you have questions regarding the newsletter, please email Sam sjack@smcne.com.

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**IMPORTANT
NOTICE**

