

Hello,

As a valued patient at Oregon Kidney and Hypertension Clinic, we hope that you are staying safe and healthy during the COVID-19 pandemic. We have instituted a number of safety measures in our practice so that we can minimize chances of exposure to COVID-19 during your visit:

- Implemented clear COVID-19 guidelines that are consistent with CDC recommendations to prevent exposure and take proper action if anyone is exposed to a COVID-19 positive individual.
- Promptly notify patients we believe may have come in close contact with an individual who has tested positive for COVID-19 or been exposed to someone else who has COVID-19.
- Ensure our teams are wearing the proper PPE and screening patients and care partners at the door for COVID-19 symptoms, including taking temperatures.
- Ask patients to wear masks at all time during office visits and maintain six feet of distance from one another in waiting rooms and other common areas.
- Limited care partners and visitors in the office and having non-clinical teammates work from home.

We also hope that you will consider taking steps to stay safe while out in public to help prevent the spread of COVID-19 in our communities:

- Wear a mask while in public settings. Masks help prevent the transmission of respiratory droplets.
- Practice social distancing, about six feet apart. It is harder for the virus to be transmitted from long distances.
- Consider gathering outdoors instead of indoors. While the virus can still be transmitted outdoors, the risk of transmission is higher in enclosed spaces.
- Practice good hand hygiene. Bring hand sanitizer with you and use it frequently. Wash your hands carefully and for at least 30 seconds.
- If possible, avoid large gatherings. There is no consistent definition for what counts as “large,” but consider avoiding big, public events.

To better serve you, we have telehealth appointments available. If you are concerned about coming in-person to your visit or believe you may have been exposed to COVID-19, we encourage you to schedule a telehealth visit. Finally, if you are experiencing symptoms of the virus we encourage you to self-quarantine and reach out to your primary care provider to speak with them about scheduling a COVID-19 test.

Please let us know if there is anything we can do to better support you during this pandemic.

Best,

The care team at Oregon Kidney and Hypertension Clinic