



3 Safety Measures to Expect at Your Physical

As we control the spread of COVID-19, it can be hard to know when it is safe to return to your scheduled appointments, but rest assured that your health is the utmost priority to your provider. In addition to our existing ongoing safety procedures, we've added new measures to help keep you well. In order to ensure a clean, safe environment for patients, here are some things you can expect at your upcoming athletic physical:

1. **Social Distancing** - Social distancing is still one of the most effective ways to slow the spread of COVID-19. There are ways to minimize contact with those around you, and for your upcoming physical we will keep those measures in mind. Patients will maintain at least a 6-foot distance between each other when checking in and waiting for their exam to begin. To practice social distancing, place holders will be stationed > than 6 feet apart, and there will be directions labeled via signs and on the floors to signify proper distances. Our staff will also practice social distancing unless it is necessary to come in closer contact for patient care.
2. **Masks and Temperature Checks On Arrival** – Upon arrival at Ochsner – High Grove, you will be directed by signage to arrive and park at the Physical Therapy Entrance to the facility. When you enter the facility, you will participate in a mandatory temperature check and will be asked to wear a mask over your nose and mouth. Wearing the mask will help ensure your safety as well as others' by limiting exposure of respiratory droplets, the means by which the virus spreads.
3. **Regularly Cleaning All Public Areas** - While our staff is always diligent about cleaning our facilities, we have increased the number of times a day that our staff cleans all public areas. Maintaining a clean environment is highly important to the health and well-being of our

patients and staff. We are also undergoing facility improvements such as replacing worn out furniture, repainting walls, replacing carpet, fixing torn or damaged wallpaper and ceiling tiles and removing outdated signage. If you believe an area is not up to the highest cleaning standards, please direct your feedback to the nearest information desk staff member to handle accordingly.

With these measures in place, along with guidance from local and state officials, we are confident in our ability to safely provide your care.