

HOW TO PREPARE

for an in-person Mental Health and Addictions appointment during the COVID-19 pandemic.



Please contact your clinic if you are feeling physically unwell or if you are unsure if you should visit in-person.

BEFORE YOU ARRIVE:

Expect a phone call from the clinic a day or two before your appointment.

Everyone coming in-person will be asked about their physical health before arriving.

STEP 1: WHEN YOU ARRIVE

Maintain a physical distance of 2 metres or 6 feet from others at all times.

You may be asked to wash your hands and to wear a mask.

Healthcare providers and other staff may be wearing masks. This is to help prevent the spread of COVID-19.



STEP 2:

You will be asked the same questions about your physical health, as you were asked over the phone.

You will be asked if you have a:

- fever of 38° C or higher
- cough (new or worsening)
- sore throat
- runny nose
- headache
- shortness of breath

Also, you will be asked if you have:

- travelled outside of Atlantic Canada within the last 14 days.
- been in close contact (within 2 meters/6 feet) with a person who has tested positive for COVID-19 or is suspected to have COVID-19 in the past 14 days.



Based on your answers to the questions above, you may be asked to return home and self-isolate.



We will work with you to ensure this does not interrupt your Mental Health and Addictions care and support.