

Communicable Diseases Policy

What should I do if I get sick before my appointment with Dr. Pyne?

Our office does not provide primary care or treat episodic or acute disease. For the safety of other patients and our staff, we ask that anyone with potentially contagious illnesses cancel their appointment until they are well again. Normal cancelations fees do not apply.

If you require immediate medical assistance, please contact your primary care physician, seek an urgent care facility, or call 911. If you do not have a primary care physician, a list of recommended providers and facilities can be requested.

How do I know if I'm contagious?

Unfortunately, seasonal allergies often overlap with cold and flu season and have similar symptoms. Other communicable diseases may look like illnesses that are not at all contagious. Here are some ways to determine if you should be cautious about being around others.

- **Fever** is defined as having a temperature of 100°F or higher. We recommend that you be fever-free, without the aid of a fever-reducing substance, for a minimum of 24 hours.
- **Fever AND** sore throat, persistent cough, rash, diarrhea, earache, irritability, or confusion. Any of these symptoms accompanied by a fever are cause for concern.
- **Vomiting** 2 or more times within a 24-hour period.
- **Swollen glands** on the sides of the neck, below the ears or sides of the face.
- **Diagnosis** of a communicable disease. Specific diseases include, but are not limited to:

*Flu	*Common Cold
*Strep Throat	*Bronchitis
*Mumps	*Measles
*Whooping Cough	*Chicken Pox
*Lice	*Scabies
*Coronavirus	

What if I am experiencing one or more of these situations?

Please have yourself evaluated and treated by your primary care physician or in an urgent care facility. Follow all physician recommendations for care and reschedule your appointment once you are well.

What preventive steps can I take?

- **Hand hygiene.** Clean your hands thoroughly and often with soap and water for at least 20 seconds (sing "Happy Birthday" twice), especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water aren't available, use an alcohol-based hand sanitizer with at least 60% alcohol. Avoid touching your eyes, nose, and mouth.
- **Disinfect your stuff.** Clean frequently touched objects and surfaces with disinfectant, especially when someone in your family is sick.
- **Use tissues.** Sneeze and cough into tissues or the bend of the elbow when tissues are not available. Discard used tissues right away, then wash your hands carefully.
- **Don't share.** Don't share drinking glasses or utensils.
- **Steer clear.** Avoid close contact with anyone who is sick. Stay home when you are sick.