

10 THINGS TO REMEMBER : WHILE VISITING YOUR DOCTOR

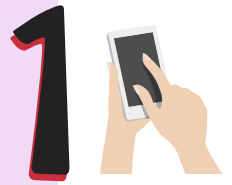
If you plan to visit your doctor follow these simple tips to stay safe during these times

Disclaimer:
This document is a guidance intended to highlight recommended best practices which are advised to minimize risk of COVID-19 infection while visiting your treating physician. It does not take your individual health status into consideration & it is not intended to substitute physician's advice and/or any applicable laws or guidelines issued by the Government. Please check with your physician and Government notifications/advisory, as applicable.

Before Consultation

1 CALL YOUR DOCTOR BEFORE VISITING

Always remember to call your doctor or hospital before visiting to confirm the appointment



2 ASK IF TELECONSULTATION IS AN OPTION

For review of follow-up reports, teleconsultation may be a safe option. Check with your doctor if it's an option for you

3 GET LAB TESTS DONE BEFORE VISIT

Check if tests need to be done before visit & if these can be shared for review in advance



On the day of Consultation



4 AVOID TAKING FAMILY / FRIENDS ALONG

If needed, restrict to one companion only. Enter the consulting room without any companion unless advised otherwise

5 CARRY ONLY ESSENTIALS WITH YOU

Avoid carrying non-essential documents. Ask your doctor in advance the essential reports to be carried



6 MAINTAIN SOCIAL DISTANCING

Ensure social distance during travel and in-clinic. Avoid crowded waiting areas

During consultation

7 WEAR MASK AT ALL TIMES

Do not remove mask even in the consultation room unless requested by the doctor



8 WASH YOUR HANDS WITH SOAP/SANITIZER

Clean your hands with soap/sanitizer before and after consulting your doctor

After consultation

9 OPT FOR DIGITAL PAYMENTS

Choose to pay through online banking or other digital payment methods if available instead of cash



10 ENSURE SUFFICIENT MEDICINES/SUPPLIES

Keep enough refills in stock so as to minimize going out