



# Destruction Bay Health Centre News

**“Health is not expensive, it is priceless.”**

**August 2020**

## VISITING THE HEALTH CENTRE DURING COVID-19

To protect both the community and staff and to limit traffic in the health centre, we will see patients by appointment only. Please call 841-4444 to book an appointment.

If you have an appointment at the health centre, please wait in your vehicle if you arrive early and there is another person in the waiting room. Come in at your scheduled appointment time.

## SAFE 6: TAKE THE 6 STEPS TO STAYING SAFE

1. Maintain physical distancing – keep 2 metres (6 feet) away from everyone who’s not a member of your bubble.
2. Wash your hands frequently with soap and water or use hand sanitizer.
3. Stay home if you're feeling sick.
4. Don't gather in groups of more than 10 people indoors or 50 people outdoors and remember to keep 2 metres apart.
5. Limit travel to other communities and be respectful when you're there.
6. Self-isolate if you've:
  - Just returned to Yukon and have been outside of British Columbia, Nunavut or Northwest Territories in the last 14 days **OR**;
  - Been in contact with someone diagnosed with COVID-19.

Please visit <https://yukon.ca/en/covid-19-information> for more information.

## CLINIC SCHEDULE

### Monday to Friday:

8:30 a.m. to 12:00 p.m.

**Closed for lunch** → 12 to 1 p.m.

### Wednesday: 8 to 10 a.m.

Lab Day - depending on available specimen pickup.

### Thursday: 1 to 4:30 p.m.

Staff Admin Afternoon - clinic is open for emergencies ONLY.

## PUBLIC HEALTH HOURS

**August 17** closed

\*Only **EMERGENCY** needs will be seen after regular hours.

**Call 841-4444 or 911**

## DOCTOR SERVICES

Next doctor clinics:

**Dr. Freeman:** August 11, 2020

**Dr. Freeman:** August 25, 2020

Due to COVID-19, Dr. Freeman is doing most appointments over the phone, unless an in-person appointment is necessary.

**If you have diabetes or high blood pressure**, please bring ALL of your current medications with you when you come to see the nurse or doctor.