



Dr. Bryan Friedmann
OPTOMETRIST

COVID-19 SAFETY PLAN

This COVID-19 Safety Plan is for Dr. Bryan Friedmann's Optometric Clinic in accordance with the guidelines set out by the College of Optometrists, BC's Public Health Officers, BC's Centre for Disease Control and WorkSafeBC. It is effective May 19, 2020.

Step 1: Risk Assessment

The COVID-19 virus spreads in several ways:

- Through droplets when a person coughs, sneezes or talks
- By touching one's face after touching a contaminated surface

The risk of person-to-person transmission increases:

- The closer one gets to another person
- The duration of time spent near another person
- The more people one encounters

We have identified high touch areas used by patients and staff to include door handles, check-in counter, chairs, diagnostic equipment, computer keyboards, countertops, point of sale, light switches.

Step 2: Implementation of Protocols

We have selected and implemented protocols to minimize the risk of transmission and we continue to monitor orders, guidance, and notices issued by the College of Optometrists of BC, BC's Public Health Officer, BC Centre for Disease Control and WorkSafe BC. Wherever possible, we will endeavour to use the protocol that offers the highest level of protection. We have implemented four levels of protection as follows:

Elimination = First Level of Protection

- **Maximum Occupancy** – 5 people are permitted in the office at any given time. This includes doctor and staff.
- **Come Alone** - Patients are required to come alone to their exam unless the patient has a disability and needs an aide or is a child 18 years or younger.
- **Waiting Room** –
 - May be used if needed by only one patient at a time.
 - Will be disinfected after each patient encounter.
 - Magazines and children's toys have been removed.

Engineering = Second Level of Protection

- **Barriers and Partitions** – Have been installed at front desk to keep receptionist physically distant from patients.
- **Exam Lanes** – Both exam lanes will be used alternatively to allow for sanitization between patient exams.
- **Disinfecting Pretest and Exam Rooms** – All surfaces will be disinfected with Health Canada approved disinfectant between patients.

Rules and Guidelines = Third Level of Protection

- **Signage and Posters** – Will be placed in the clinic reception area detailing:
 - The clinic's COVID-19 Safety Plan
 - The proper technique for hand washing/sanitization
 - The proper application of a mask
- **Hand Sanitization** –
 - Station with Health Canada approved hand sanitizer is available when entering the clinic and as needed thereafter.
 - Each exam room has a sink and soap available for hand washing.
 - Doctor and staff will sanitize their hands before and after each patient encounter.
 - Each patient must sanitize their hands upon entering the clinic and when needed thereafter during their time in the clinic.
 - Patients, staff, and doctor will either wash or sanitize hands after the face is touched.
- **Personal Possessions** – Patients are asked to limit bringing unnecessary personal belongings with them to the clinic.
- **Cell Phones** – Patients are asked to keep their phones turned off and on their person in the pretest and exam room areas.

Personal Protective Equipment = Fourth Level of Protection

- **Training** – Doctor and staff have been trained how to properly apply and remove PPE and effective handwashing.
- **Masks** –
 - Patients, doctor, and pretest staff must always wear properly fitting masks.
 - Patients are encouraged to bring their own mask, and if they do not have one, a disposable one will be provided for them.
- **PPE** – Doctor will wear a mask, gloves and gown when attending a patient.

Step 3: Development of Policies

- **Check-in Package** – Patients will be required to sign our COVID-19 Safety Plan in a document package they will receive when booking an appointment.
- **Screening** – Patients will be screened in accordance with BC Centre for Disease Control guidelines prior to their exam in the online Check-in Package, by phone the day before their appointment, and again upon arrival in the office.
- **Staff Health** – Doctor and staff will monitor their health daily and if they may start to feel ill, they will self-isolate until they are well again, and the clinic will be closed.
- **Clinic Closures** – The clinic will be temporarily closed for a minimum of 14 days if:
 - The doctor and/or staff display any of the symptoms associated with COVID-19.
 - The doctor and/or staff are exposed to someone confirmed to be infected with COVID-19.
 - The doctor or staff have returned from a destination outside of British Columbia.
- **Tele-Medicine** – Will be provided where clinically appropriate at no charge to the patient.
- **Monitor of Plan** – This COVID-19 Safety Plan will be modified and updated, as necessary.