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Dr Simon Corrigan
Dr Julie Toh
Dr Belinda Hosking
Dr Barbara Uhlenbruch
Dr Vivien Lim
Dr Sara Whitburn
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BELMORE ROAD MEDICAL CENTRE
364 Belmore Road, Balwyn, 3103
Phone: (03) 9857 7016
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UPDATE 30/3/2020

Our **Website** will be updated regularly with advice.

Patient Information – Pandemic – COVID 19 (Corona virus)

Dear Patients,

SEPARATE – wherever possible
ISOLATE – if you have respiratory illness

**We are here to help in the safest way we can – for our team and for you
– to keep everyone as safe as possible.**

TELEHEALTH

WE OFFER TELEHEALTH APPOINTMENTS AS WELL AS ONSITE APPOINTMENTS WHERE NEEDED AND ENCOURAGE EVERYONE TO HAVE THE FLU VACCINE (SOME AVAILABLE NOW)

OUR DOCTORS ARE HAPPY TO TAKE CALLS OR CALL YOU BACK IF THEY ARE BUSY, IF YOU HAVE ANY QUESTIONS OR CONCERN.

SELF-HELP

If you have a smart phone – Download the Department of Health Covid-19 App and use it as your source of reliable information.

WE RECOMMEND ANY PATIENT WHO HAS RESPIRATORY SYMPTOMS SELF-ISOLATE **AS FOR COVID 19 FOR 14 DAYS. **CONTACT THE PRACTICE AND ONE OF OUR DOCTORS WILL CALL YOU TO DISCUSS YOUR SPECIFIC SITUATION.****

What can you do?

PLEASE ENSURE YOU HAVE A FUNCTIONING **THERMOMETER AT HOME SO YOU CAN RECORD YOUR TEMPERATURE.**

IF YOU ARE TAKING MEDICATION FOR BLOOD PRESSURE OR HEART DISEASE – CONSIDER BUYING A HOME **BLOOD PRESSURE MONITOR.**

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PRACTICE A HEALTHY LIFESTYLE. EAT NUTRITIOUS FOOD, EXERCISE OUTDOORS IN THE OPEN AIR WITHIN CURRENT GOVERNMENT REGULATIONS.

PRACTICE GOOD HAND HYGIENE.

IF YOU DO NOT HAVE A SMART PHONE CHECK THE DHHS WEBSITE REGULARLY FOR UPDATES AND ADVICE RE HAND HYGIENE.

ONSITE APPOINTMENTS CONTINUE

How we manage appointments ONSITE:-

We have taken significant steps to manage infectious patients either away from the clinic or in carefully controlled manner within the clinic.

YOU WILL SEE STAFF AND DOCTORS WEARING MASKS.

Reception has window glass to provide additional protection to staff (and you) which assists in providing an additional barrier during epidemics. Until further notice – we are asking staff to work with the window closed at all times (within reason).

WHEN YOU MAKE AN APPOINTMENT, YOU WILL BE ASKED TO WAIT OUTSIDE IN YOUR CAR, THE OUTDOOR BENCH, OR PORCH, AND CONTACT RECEPTION BY PHONE.

THE DOCTOR WILL CALL YOU AT THE TIME SHE/HE IS READY TO SEE YOU AND TAKE A PRELIMINARY HISTORY TO ENSURE ALL STEPS ARE TAKEN TO PROTECT CROSS-INFECTION.

Hand sanitiser must be used on entering the building and masks are available to any patient (possibly infectious or wanting to avoid cross-infection).

From

Doctors, management, nursing staff and support staff at Belmore Road Medical Centre

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