



Tips On Running Essential Errands

Going to the Doctor or Pharmacy

- Talk to your doctor online, by phone, or e-mail
- Use telemedicine, if available, or communicate with your doctor or nurse by phone or e-mail.
- Talk to your doctor about rescheduling procedures that are not urgently needed.
- If you must visit in-person, protect yourself and others
- If you think you have COVID-19, let the office know and follow guidance.
- Cover your mouth and nose with a cloth face covering when you have to go out in public.
- Do not touch your eyes, nose, or mouth.
- Use disinfecting wipes on frequently touched surfaces such as handles, knobs, touchpads (if available).
- Stay at least 6 feet away from others while inside and in lines.
- Plan to order & pickup all of your prescriptions at the same time
- Call prescriptions orders in ahead of time.
- Use drive through windows, curbside pickup, mail order or other delivery options if available.
- Check with your Doctor & Pharmacist to see if you can get a larger supply of your medicine.
- When paying, use touchless payment methods if possible.
- If you cannot use touchless payment, sanitize your hands after paying with card, cash, or check.
- Wash your hands with soap and water for at least 20 seconds when you get home.

For more information on staying safe during the COVID-19 health crisis, please visit [cdc.gov](https://www.cdc.gov)