



# Saskatoon Community Clinic

## E-Newsletter

April 2020

Volume 10 Number 1

### COVID-19 SPECIAL EDITION

#### **IF YOU ARE A PATIENT OF THE COMMUNITY CLINIC WHO REQUIRES PRIMARY CARE SERVICES:**

If you are a patient of the Clinic and are sick, and feel that you need to be seen at the Clinic, you must phone first (306-652-0300). No walk-ins will be accepted on any day. Upon calling, you will be booked a phone appointment with a physician or nurse practitioner. If deemed necessary, arrangements will be made for you to be safely seen at the Clinic.

Persons who are ill do not require a doctor or nurse practitioner issued sick note for their employers. Employees can present their employers with the [provincially-issued sick note](#). This change was made to reduce excess burden on the healthcare system.

In accordance with the latest information from the Public Health Agency of Canada, if you are having to visit the Community Clinic, please consider wearing a **non-medical** cloth mask or face covering to help reduce the chance of others coming into contact with your respiratory droplets. Donning a non-surgical mask can help stop the spread of COVID-19. Our goal is to stop the spread of COVID-19 by all means possible. Emerging information regarding pre-symptomatic and asymptomatic transmission, and wearing a non-medical mask—even if you have no symptoms—is an additional measure you can take to try to protect others around you. A non-medical mask may also make you feel safer and minimize the touching of your nose and mouth.

Wearing a non-medical mask when in public or other settings **is not a replacement** for proven measures such as hand washing and physical distancing.

Non-medical masks or facial coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

A pattern for making your own homemade mask can be found [here](#).

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The **Therapies Department** is providing telephone, telehealth and telerehabilitation appointments. In addition, Occupational Therapy is providing in-person care to those patients requiring URGENT care.

The **Counselling and Community Services Department** is providing telephone consultations. Emergency phone counselling sessions for those experiencing severe health anxiety due to Covid-19 are available to patients of the Community Clinic by calling 306-664-4287.

The **Community Clinic Pharmacy** is providing service at both its sites, on 2nd Avenue North and 20th Street West. Patients are advised to phone before picking up prescriptions. Delivery of prescriptions is preferred and can be arranged by speaking to a member of our Pharmacy staff. The Pharmacy is complying with the Ministry directive on prescription refills, as described in this issue.

### **Westside Clinic Patients:**

The Westside Clinic is open with similar restrictions to care as at the Downtown Clinic. We are working with other community agencies to support the needs of residents of the core neighborhoods through a coordinated approach. HUB service information is available [here](#). A petition is circulating to support this effort:



## **HOURS OF SERVICE DURING THE COVID-19 PANDEMIC**

### **Downtown Clinic - 455 2nd Avenue North Saskatoon, SK S7K 2C2**

If you feel sick, you must first PHONE 306-652-0300 for an appointment at the Downtown Clinic.

No walk-ins accepted on any day.

#### **Clinic:**

Monday to Friday 8:00 am to 5:00 pm

Saturday 9:00 am to 1:00 pm

#### **Lab:**

Monday to Friday 8:00 am to 5:00 pm

Saturday 9:00 am to 1:00 pm

#### **X-Ray & ECG:**

Monday to Friday 9:00 am to 5:00 pm

Saturday 9:00 am to 1:00 pm

#### **Pharmacy:**

Monday to Friday 8:30 am to 5:00 pm

Saturday closed

Closed Sundays and Statutory Holidays

### **Westside Clinic - 1528-20th Street West, Saskatoon, SK S7M 0Z6**

For Westside Clinic hours please consult our website.



## PUBLIC HEALTH INFORMATION ON COVID-19

Saskatchewan has a dedicated page to keep the public informed:

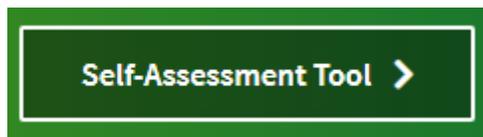


(Click on logo above)

Updated information will be posted as it becomes available.

If you develop symptoms of COVID-19, please refrain from visiting the Saskatoon Community Clinic. Contact 811 for information.

Public Health is encouraging people to use this COVID-19 self-assessment tool to determine whether you should be tested for COVID-19 before calling 811.



(Click on logo above)

## MINISTRY DIRECTIVE ON PRESCRIPTION REFILLS

Due to COVID-19 pandemic, the Saskatchewan Ministry of Health is only allowing Pharmacists to provide:

- a **ONE MONTH** supply (to a maximum of a 35-day supply) in a 28-day period for **ALL DRUGS NOT ON THE MAINTENANCE DRUG SCHEDULE**.
- a **TWO MONTHS** supply in a 55-day period for drugs on the **TWO MONTH** drugs list.
- a **100 DAY SUPPLY** in a 95-day period for drugs on the **100 DAY** list.

These restrictions apply to all prescriptions regardless of whether one personally pays or has a private or public drug plan that pays for the prescription.

**If you have any questions, please call the Community Clinic Pharmacy at (306) 664-4277.**

## NALOXONE PICK UP AND DELIVERY

**Pick Up** – Call 306-655-4007

Call for the nearest location to pick up a Naloxone Kit  
Monday – Friday 9:00am – 5:00pm

**Delivery** – Call 306-371-0250

Call for Naloxone delivery to your home  
Evening delivery  
Monday – Friday 5:00pm – 12:00am

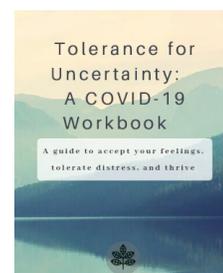


## MENTAL HEALTH SUPPORT

Our Counselling Department recommends the following resources to help you and your loved ones cope with anxiety and other concerns during the pandemic:

What do I do if I am worried or anxious about COVID-19? [Click here](#).

Click here to access [Tolerance for Uncertainty: A COVID-19 Workbook](#).



## PROPER HYGIENE TO REDUCE RISK OF INFECTION

Proper hygiene can help reduce the risk of infection or spreading infection to others.

- ◆ wash your hands often with soap and water for at least 20 seconds
- ◆ cough or sneeze into a tissue or the bend of your arm
- ◆ avoid touching your eyes, nose, or mouth with unwashed hands
- ◆ maintain a 2-metre distance from others
- ◆ clean high-touch surfaces such as door handles, electronics, TV remotes, phones, toys, and toilets frequently with regular household cleaners or diluted bleach (1 part bleach to 9 parts water)



## Q & A: TAKING CARE DURING COVID-19

What impact does social/physical distancing have on COVID-19? [The Power of Social Distancing](#)

What information is available for services I use at the Clinic such as Occupational Therapy, Physical Therapy, or Dietitians? [Occupational Therapy](#); [Physical Therapy](#); [Dietitians](#)

What can I tell my kids about COVID-19? [Anxiety Canada](#)

What assistance is available for Seniors during COVID-19? [Saskatoon Council on Aging](#)

What are some resources for coping with anxiety and stress during this pandemic?

[Canadian Mental Health Association](#); [Centers for Disease Control and Prevention](#); [Anxiety Canada](#)

## FOCUS SPRING 2020 NEWSLETTER NOW AVAILABLE ON OUR WEBSITE



(Click on logo above)

### Stories include:

- *No-shows – Summer Student Practicum*
- *Introducing: Indigenous Advisors*
- *Patient and Researcher Connection Site*
- *Congratulations to Award Recipients*

## QUESTIONS OR REQUIRE FURTHER INFORMATION

Thank you for your ongoing support of the Saskatoon Community Clinic.

If you have any questions or require additional information about items discussed in this edition of the Saskatoon Community Clinic E-Newsletter, **please contact Member and Public Relations at 306.664.4243**, or email [member.relations@communityclinic.ca](mailto:member.relations@communityclinic.ca).

**To unsubscribe to this newsletter please email [member.relations@communityclinic.ca](mailto:member.relations@communityclinic.ca).**



**Downtown Clinic**  
455 2<sup>nd</sup> Avenue North  
306.652.0300

**Westside Clinic**  
1528 20<sup>th</sup> Street West  
306.664.4310

[saskatooncommunityclinic.ca](http://saskatooncommunityclinic.ca)