

Washington
Academy of General Dentistry

Office #206-212-4969

Office Email: info@washingtonagd.org

Executive Director: Valerie Bartoli

19415 International Blvd, Suite #410

SeaTac, WA 98188

If you recently visited an area outside of Washington, Oregon and Idaho, you must self-quarantine for 14 days from the day you returned.

Please stay at home if you are experiencing any of the following:

- * A fever (100.4 F or higher) or a sense of having a fever.
- * A cough that you cannot attribute to another health condition.
- * Shortness of breath that you cannot attribute to another health condition.
- * A sore throat that you cannot attribute to another health condition.
- * Muscle aches that you cannot attribute to another health condition or that may have been caused by a specific activity, such as exercise.
- * Respiratory symptoms, such as sore throat, runny nose/nasal congestion or sneezing, that you cannot attribute to another health condition.
- * Chills or repeated shaking with chills that you cannot attribute to another health condition.
- * Loss of taste or smell that you cannot attribute to another health condition.

If you receive a positive test for COVID-19 notify us immediately.

Upon arrival, stay in your vehicle. You will be greeted by a Washington AGD official who will review the same questions previously asked and take your temperature. If you have a fever of 100.4 F or higher or have any of the symptoms that were listed, you will not be able to attend class or work and will be asked to return to home.

Personal Protective Equipment (PPE) must be worn at all times in classroom. YOU MUST PROVIDE YOUR OWN PPE and it must be at the same level or at a higher than what is provided by Washington AGD. (N95 or KN95)

Cleaning supplies and hand sanitizers will be available.

* While here, please wash your hands frequently

* Stay 6 feet apart if possible

* Wear your PPE at all times (except while eating or drinking)

If you need to exit the building for a break, you will need to re-enter by being re-checked with a thermometer check.

For Employees working at Office/Desks

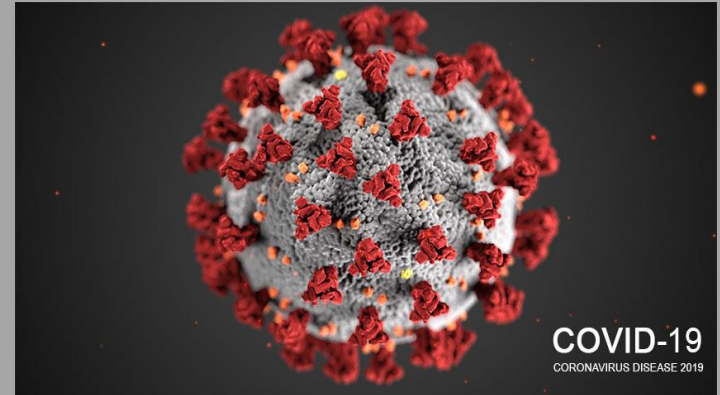
Employees do not have to wear face coverings while at their desk and when no one is present, and they have 6 feet of physical distancing.

If an employee is outside their work area, they are required to wear a face covering.

Eight Key Steps to Prevent Catching and Spreading COVID-19

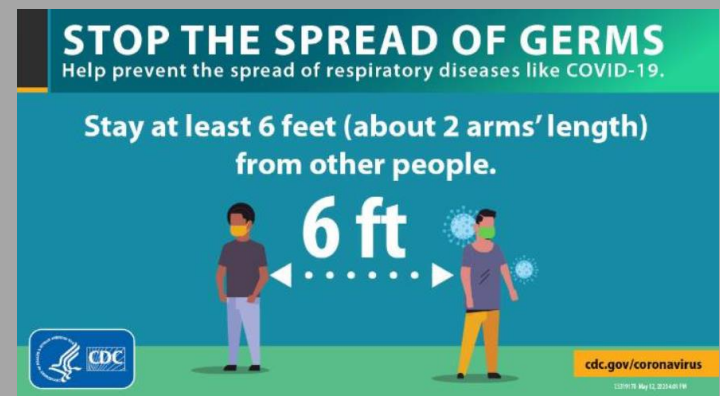
1. Know if you are at elevated risk for disease/complications related to COVID-19:

- * Immune compromised
- * Heart disease
- * Lung disease
- * Diabetes
- * Severe obesity (BMI of 40 or greater)
- * Pregnant
- * Older than 65 years of age



2. Stay at least 6 feet from other people.

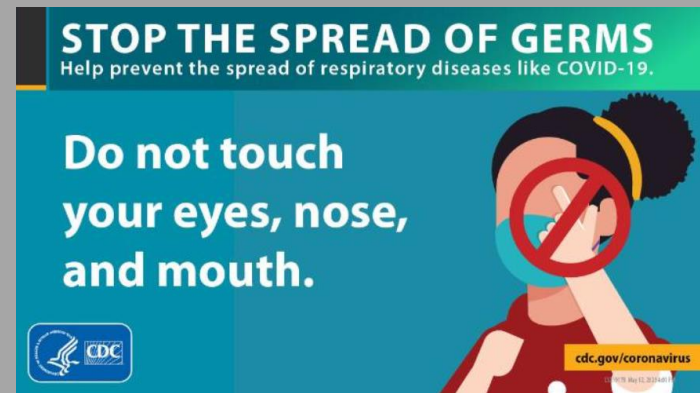
- * Be respectful of others
- * When standing in line, stay 6 feet apart.



3. Stay at home if you are sick. Data shows the disease is mild in 80% of patients, severe in 13%, and critical in 6%. Know the symptoms:

- a. Most common symptoms
 - i. Fever
 - ii. Fatigue
 - iii. Dry cough
- b. Some patient may also have:
 - i. Aches and pains
 - ii. Runny nose
 - iii. Sore throat
 - iv. Shortness of breath
 - v. Diarrhea
- c. In critical cases COVID-19 can cause severe pneumonia or multiple organ failure which can lead to death.

4. Avoid touching eyes, nose and mouth.



5. **Wash hands frequently for at least 20 seconds.**
Slow down and be thorough. This is your opportunity to protect yourself and others.



https://www.youtube.com/watch?time_continue=5&v=seA1wbXUQTs&feature=emb_logo

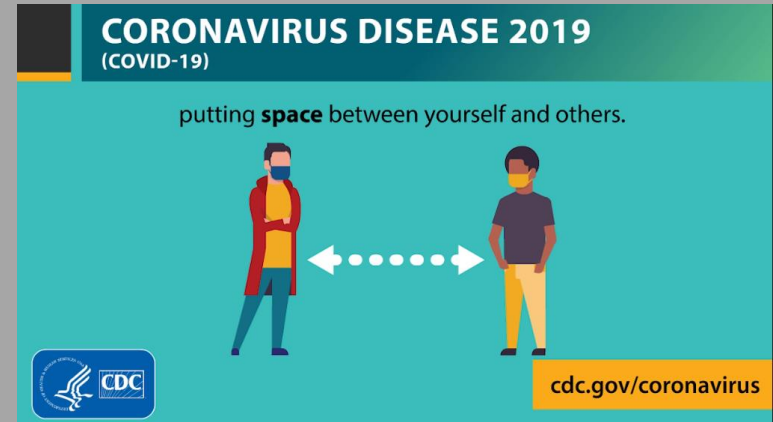
6. **Clean and disinfect frequently touched surfaces.**

The Washington AGD will clean and disinfect frequently touched surfaces and objects continuously during the day.



7. Maintain social distancing of six feet or more. Avoid crowds of 5 people or more.

- * When sitting in a meeting or classroom, stay 6 feet apart when possible.
- * Avoid sharing of food and drink.



8. Cover nose and mouth with face coverings when with others.



Proper Don/Doff Technique
for Mask

<https://www.youtube.com/watch?v=quwzg7Vixsw>

Proper Don/Doff Technique for Gloves



https://www.youtube.com/watch?time_continue=2&v=3l_kKVNrEMo&feature=emb_logo



INVERT COLLAR, PINCH EXPOSED INSIDE SURFACE AND REMOVE.



GRASP REMOVED GLOVE MAKING A FIST THEN INVERT GLOVE COLLAR TOWARD ONLY THE INSIDE.



REMOVE GLOVE EXPOSING ONLY THE INSIDE SURFACE, THEN DISCARD.