

At **Alvarado Parkway Institute**, the safety of our clients, medical, clinical, and administrative staff is our top priority every day. While health and safety standards and procedures are followed on a regular basis at all of our facilities, we want you to know what extra precautions we are taking to ensure that everyone being treated at our facilities remains safe and that we are doing our part in preventing the spread of COVID-19.

API is following the public health orders issued by the Governor of the State of California and the Public Health Officer of San Diego to ensure the safety of our community and the safety of those who are providing and receiving essential services.

## WE ARE TAKING THE FOLLOWING PRECAUTIONS:

- Following the updated information from state and local health authorities and the **Center for Disease Control and Prevention** to ensure we are using best practices and complying with guidelines established by all agencies.
- We are implementing [orders of the State Public Health Officer issued on August 5, 2021](#) that require all workers who provide services or work in healthcare facilities, including acute psychiatric hospitals to be vaccinated. This order applies to all API employees, Medical Staff, contracted staff, and students/interns.
- Ensuring 6 ft. of social distance for clients and staff within all API facilities and on all transportation vans.
- Re-enforcing hand washing and sanitation protocols with physicians, clinical staff, and clients with announcements and visual messages throughout all facilities. We have hand sanitizer and/or hand washing soap and sinks readily available for convenience.
- Enacting staff and client health screening and temperature checks prior to entry into all facilities and company owned transportation vans, twenty-four hours a day, seven days a week. Symptomatic individuals are not allowed to enter API facilities.
- Temporarily, we have suspended visiting hours at our facilities. Visitation occurs on a case-by-case basis, contact us for more information.
- Surgical masks are required to be worn by all API employees, Medical Staff, contracted staff, and students/interns.
- We have modified group spaces and meal services to allow for social distancing and sanitary food handling. Ensuring the use of protective gloves to be worn by all employees who are in contact with food.
- We have increased disinfecting and sanitizing activities organization wide utilizing hospital grade cleaning solutions.
- Enhancing cleaning procedures of common areas including but not limited to door handles, railings, chairs, counters, therapy group rooms, and client areas.
- Telehealth services are now being offered for those who are unable or prefer not to receive in-person treatment.

*(continued)*

- Staff and clients are urged to stay home if they are feeling ill and are sent home at first sight of illness.

## SYMPTOMS

According to the CDC, those with COVID-19 have mild to severe respiratory illness with [symptoms](#) that can include fever or chills, cough, shortness of breath, fatigue, and more. [CLICK HERE](#) to visit the CDC website for full list of symptoms and emergency warning signs. There is no specific treatment for COVID-19. Most infected people will recover on their own.

## TIPS

- Visit your health provider to discuss getting vaccinated for COVID-19. It's our best defense against the virus.
- Wash your hands often with soap and water for at least 20 seconds. Alcohol-based hand sanitizers are also effective.
- Make sure to wear a face covering when you are in public places maintaining social distancing by allowing 6ft between yourselves and others.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home if you are sick (except to get medical care). Keep sick children home from school or day care.
- Cough or sneeze into a tissue or your elbow. If you use a tissue, wash your hands afterward.
- Clean and disinfect frequently touched objects and surfaces (like doorknobs and light switches). Regular household cleaners are effective.
- Get plenty of rest, drink plenty of fluids, eat healthy foods, and manage your stress to keep your immunity strong.
- Get information and updates from reliable sources, such as the CDC.

If you think you have been exposed to COVID-19 and have symptoms of respiratory illness, you should contact your primary care provider or 211 to find resources near you.

Our priority is to keep our front line medical and clinical staff, clients, and visitors safe and well informed, while doing what we can to help minimize the potential spread of the Coronavirus.

***We will continue to be vigilant and do everything possible to ensure that you have safe access to the essential services provided by API.***

because you matter!

**24-HOUR INQUIRIES & SUPPORT – 800-766-4API (4274)**

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*Physician owned hospital.*