

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 adjustments have been put into place because of the CA COVID-19 Public Health Emergency (PHE) that ended on 2/28/2023 and Federal PHE on 5/11/2023.

## MASKING:

- Effective April 3, 2023, wearing a hospital grade mask is no longer required to enter API facilities.
- Staff will continue to follow masking protocols/requirements for management of patients needing precautionary measures in addition to standard precautions
- We strongly encourage and recommend you wear a mask around others if you have respiratory symptoms (e.g., cough, runny nose, and/or sore throat).
- Masks will be available at API facilities for those who choose to continue wearing them.

## COVID-19 VACCINATION:

California Department of Public Health (CDPH) no longer requires vaccination, however Federal Guidance for Staff Vaccination Requirements, states all Medicare-and Medicaid-certified providers must ensure that all applicable staff are vaccinated with COVID-19 primary series, unless an exemption has been approved.

## SELF ASSESSMENT:

All patients, visitors, staff, and providers entering our facility will self-monitor for symptoms. If you are experiencing fever/chills, cough, fatigue, shortness of breath or difficulty breathing, loss of taste or smell, head/body ache, congestion or nausea/vomiting/diarrhea please do not enter the building.

## 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.

## TIPS

- Visit your health provider to discuss getting treatment and 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.

*(continued)*

- 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.

We are committed to maintaining a safe environment for our patients, staff, and visitors at all API facilities. We will continue to remain vigilant, fluid, and flexible in our approach as we follow local, state, and federal guidance. If the need arise, new requirements will be put in place.

## RESOURCES

County of SD Coronavirus Disease Webpage, Changes Related to the End of Federal, State, and Local Emergencies: Health Order ([sandiegocounty.gov](https://sandiegocounty.gov))

California Department of Public Health (CDPH) Guidance Documents: Find All Guidance ([ca.gov](https://ca.gov))

CDC Guidance for COVID-19 Webpage: Guidance for COVID-19 | CDC

because you matter!

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

7050 Parkway Drive | La Mesa, CA 91942 | [apibhs.com](https://apibhs.com)

*Physician owned hospital.*

5-2023