



Your Health & Safety Is Our Highest Priority



As a valued patient of My Family Dental, we appreciate the trust you place in us and want to re-assure you that your health and safety is of paramount importance to us.

Specific to the Coronavirus (COVID-19), we are closely following the Center for Disease Control (CDC) and the American Dental Association (ADA) for updates and directives. We also have strong relationships in place with other dental practitioners to ensure that our policies and procedures are in line with the highest standards of our peers.

Our office always takes every precaution to make sure our patients, doctors and staff stay healthy and safe.

As you all know, the cleanliness and sterilization of our offices are always at the highest standard with or without the threat of a virus. All of our clinical team members have been trained on protocols that are currently above and beyond ADA guidelines with regards to sanitization of the office before and

Some of our regular protocols include (but are not limited to):

- Using a high level germicidal and virucidal disposable disinfectant wipes on all surfaces after every patient and allowing it to sit for the required 3 min. kill time.
 - Including counter-tops, pens and keyboards
- Using new personal protective equipment: disposable gloves and disposable masks with every patient and removing face mask from around the eyes
- Washing hands and using sanitizer between every glove change
- Thoroughly sterilizing all dental instruments & equipment after every patient
- Using high-quality antibacterial soap, with proper hand washing/hygiene protocol
- Alcohol-based Purell Dispensers in every operator
 - 60% alcohol kills the virus
 - We advise you to use this sanitizer when you walk into the reception areas
 - We will have disinfectant wipes available to you for use in the office
- Administrative staff disinfecting surfaces frequently, including door handles
- Extensive housekeeping crew who cleans the office daily
- Patients & team members will avoid shaking hands

Additionally, please be advised that if you are feeling unwell or experiencing any upper respiratory symptoms which include a fever or cough, we respectfully ask you to advise our offices ahead of your scheduled appointment to ensure that we take the correct measures.



Common sense precautions you can take to stay healthy:

- Stay home when you are sick
- Wash your hands frequently and for at least 20 seconds, with soap and water
 - This is better than using Purell
- Use a tissue when coughing or sneezing and throw away the used tissue immediately
 - CDC recommends to NOT cough in your elbow
 - Viruses can stay alive up to 7 days on your clothing
- Keep your hands away from your face, especially your eyes, mouth and nose.
 - If you have to touch your face, wash your hands first
- Boost your immune system: eat foods that are rich in vitamins and antioxidants
- Take 1000 mgs of Vitamin C everyday
- Clean and disinfect surfaces that are frequently touched in your home and office
- Avoid close contact with others who are sick

For more information you can visit the following sites:

Academy of General Dentistry: <https://www.agd.org/coronavirus>

Centers for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/2019-ncov>

As always, your health and safety are of the highest priority and we're committed to providing you the cleanest, safest environment.

We will keep you updated as the situation necessitates.