

Spectrum Health Care, Inc.

“Where Change is a Matter of Choice”

Edward P. Cox, Executive Director

3/23/2020

As changes occur minute by minute, we want you to know we are closely monitoring events and continuously updating our policies and procedures. We truly appreciate your understanding and patience as we make major operational changes in order to continue to provide services to you. We have been strongly advocating with NJ State agencies to provide increased take home medication.

Spectrum is considered an essential business that CAN continue to operate under state of emergency and shelter in place orders, we are NOT closing. We have changed our hours of operation; new hours are as follows:

Monday – Friday 6am -12pm

Saturday & Sunday - Closed

We have been and will continue to provide service to our clients. The safety and well-being of our staff members and ALL of our clients is a top priority. We will continue to take actions to reduce the risk of exposure such as issuing additional take-home medication to patients (see schedule below) and utilizing enhanced sterilization and disinfecting cleaning techniques of our facilities. We will also continue to explore alternative treatment opportunities such as telehealth in times where face-to-face service cannot be performed, with emphasis on maintaining standards for patient confidentiality.

All counseling and therapy sessions will now be provided over the phone, **they may call from a restricted number**. Group counseling sessions will be suspended until further notice. We ask you to call or email your counselor/clinician, or they may be calling you directly. Please update any of your contact information with your counselor or nursing staff. For client requesting a dose change please reach out to the nursing staff (201)451-2544 ex 201 or 203

Additional operational changes are as follows:

TAKEHOME BOTTLE SCHEDULE:

Serious Documented Comorbidities – 13 THB

Documented COVID 19 – 13THB

Suspected COVID 19 – dosing outside / 13 THB (MD to decide)

No THB will receive 5 THB (Mon/Thur or Tue/Fri)

2-3 THB will receive 6 THB

4, 5 or 6 THB will receive 13 THB

13 THB will receive 27 THB

27 THB No Change

Clients on a build-up will attend clinic Mon/Wed/Fri

Patient **MUST**:

- **KEEP OUT OF THE REACH OF CHILDREN.**
- Keep it in a locked safe place away from family and pets.

74-80 Pacific Ave. Jersey City, New Jersey 07304

P: 201.451.2544

F: 201.860.7864

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- **Take this medication exactly as prescribed (1 dose per day)** taking more medication than prescribed can result in accidental overdose and or death.
- All Take Home Bottles **must be returned without damage** to the label, cap or bottle, on the day you are schedule to return to the clinic.
- If your THBs are stolen, **SHC will not replace stolen bottles**
- Have absence of symptomatic behaviors

In order to continue to provide these essential services, we ask everyone to play a part in lessening the impact of COVID-19. If you are **experiencing any of the following symptoms**:

- Extreme difficulty breathing
- Blue-colored lips or face
- Severe pain or pressure in the chest
- Severe constant dizziness or light-headedness
- Acting confused
- Slurred speech
- Seizures
- shortness of breath
- inability to lie down because of difficulty breathing
- chronic health conditions that you are having difficulty managing because of your current respiratory illness

Call 911 or your Primary Doctor

If you had close contact with someone who is confirmed as having COVID-19 in the past 14 days;

You should contact your primary healthcare provider within 24 hours and start home isolation in case you have COVID-19. Patients should call (201)451-2544 ex 203 or 201 or (551) 200-0400 and speak with one of our Medical Nursing Staff before coming to the clinic. We will make the necessary accommodations to ensure you are medicated as appropriate.

Follow these steps now to help care for yourself and to help protect others from getting sick:

- You should regularly take and record your temperature.
- Please do not visit a hospital, physician’s office, lab or healthcare facility such a Spectrum without calling first if you are sick.
- Don't go to any public places, stay at home, and don't have any visitors.
- Don't share personal items like dishes, utensils, or towels and [wash your hands often.](#)
- If your symptoms worsen, please contact your healthcare professional.

Again, we appreciate your understanding and patience. Be well!

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