To protect the safety and well-being of all SCCA patients, please read these guidelines before your first visit.

- If you have cold or flu symptoms, such as a runny nose, cough, or sore throat, please:
  - Clean your hands often.
  - Wear a mask.
  - Avoid crowded areas while in the clinic.
  - Avoid SCCA-operated shuttles.
- If you have a caregiver or family member with cold or flu symptoms, please ask them to avoid coming to the SCCA clinic until they feel better.
- When possible, limit the number of family members and caregivers who come with you to your appointment.
- Avoid bringing children under the age of 12 into the clinic (unless they are SCCA patients).

During cold and flu season, you’ll be asked to participate in a screening process when you arrive at the clinic. You’ll receive information about the process when it goes into effect.

Tips to protect yourself from colds and the flu

- **Wash your hands** frequently and thoroughly with soap and water.
- **Use hand sanitizer** when soap and water are not available. Hand sanitizer is available throughout the SCCA clinic.
- **Get a yearly flu shot** to protect yourself and others. SCCA provides flu vaccines to patients, family members and caregivers each year. Ask your care team for details.
- **Avoid touching your eyes, nose, and mouth.** This is one of the most common ways to catch a cold or the flu.
- **Cover your nose and mouth** with your sleeve or a tissue when coughing or sneezing.
- **Tell your care team if you develop new symptoms** or if your symptoms worsen.