

# TACOMA EYE

## NEWSLETTER

### STEPS WE ARE TAKING TO FIGHT THE VIRUS THAT CAUSES COVID-19

***The safety of our patients and staff is our top concern:***

Tacoma Eye has always followed universal precaution procedures and we continue to follow strict disinfection protocols - Additionally:

We are seeing patients by appointment only and ask that you please CALL FIRST. We are not seeing walk-ins. We encourage the use of our [online history forms](#) prior to arrival.

We are utilizing one entry/exit for patients.

Until further notice, our doors are locked. **Please knock.** A staff member will greet you, ask some screening questions and take your temperature. Please bring Photo ID and insurance cards with you. (next page)



## Experiencing Eye Strain?

Before the pandemic - Our smartphones, computers, tablets and other near devices had been taking their toll.

Since March it has become even more clear we need glasses that can allow us to do our work more safely and with less symptoms of eyestrain.

Evidence has proven excess screen time can be hard on your eyes creating digital eye strain. Artificial blue light has been shown to have deleterious effects on our eyes and excess computer use is clearly linked in higher rates of myopia in children.

Eyezen™ lenses provide sharper vision than ordinary single vision lenses and are available to **EVERYONE**—whether you have a prescription or just want a pair of clear computer glasses.

- A patient supplied face covering is required in the office. **Our office does not supply PPE.**
- We are utilizing a reduced schedule and allowing one patient in office at a time.
- **We ask that only the patient may enter.** Persons accompanying the patient (driver, family) are asked to wait safely in their vehicle. A legal guardian or caregiver is allowed and must accompany the patient at all times.
- When browsing frames please see a staff member for assistance.
- When your eyewear arrives, you be contacted to schedule pick up.
- For the time being, we are unable to make frame repairs “while you wait” – As always patients are encouraged to have a “back up” pair of eyeglasses.
- If you have a new cough or fever we ask that you call our office so we can reschedule your appointment. Patients who do not arrive for their appointments (No Call/ No Show) or arrive without following these protocols designed to keep staff and patients safe are subject to a \$40 rescheduling fee.



### **“CONTACTLESS” Digital Retinal Imaging**

Digital retinal imaging (DRI) refers to the ability to use a camera to take a photo of the back of a patient’s eye. The standard of care to evaluate a patient’s retina is dilation (Using eye drops to widen the pupil and after 25-30 minutes examining the patient’s retina.)

While it is still our firm belief dilation is the ‘gold standard’ - given the current circumstances, DRI is being employed as a method to safely perform as thorough an exam as possible and help prevent the spread of COVID-19 related illness.

**\*(The annual DRI screening fee has been temporarily reduced from \$40 to \$30 until further notice)**