

## **\*UPDATE ON COVID-19 CORONAVIRUS\***

### **OUR OFFICE SAFEGUARDS AND INFO.**

Just like you, we have families we care about and want to keep safe. When something like the Coronavirus hits the news, it can make us worry about everyday decisions.

One of the most important things we can do is continue with our normal lives, doing the things we enjoy and need to stay healthy, while taking reasonable precautions. Living our lives keeps us healthy and happy, and teaches our kids good behaviors.

The person best equipped to take care of you is you, but we've got your back (pun intended). We clean our offices every night, and antiseptic wipes are used on every surface between patient visits. Even before the Coronavirus, we made it a point to wash our hands and use hand sanitizer all the time.

**We ask anyone coming to our offices to stay home if they're not feeling well and ONLY patients to come INTO the office during their appointments. Please have family members stay home or wait in their vehicle. We encourage anyone who may be of HIGH risk to not seek out treatment in which the risk may be greater than the reward.** Thank you so much for your consideration!

Here are some tips to help you and your family feel safe and ready to face the world.

#### **In General**

**Wash, wash, wash your hands.** Did you know soap and water are more effective than hand sanitizer (and apparently easier to find right now)? To really get rid of any germs, wash for at least 20 seconds – which just happens to be how long it takes to hum Row-Row-Row Your Boat three times.

**Be sneeze- and cough-courteous.** Coughing or sneezing into the inner crook of your arm catches the droplets that would otherwise end up in the air or on the surfaces around you. The COVID-19 virus is transmitted through droplets, not through breathing, so this is important.

**Don't touch your face!** The easiest way to get sick (with any kind of virus) is to introduce germs from your hands to mucus membranes – like your eyes, nose and mouth.

**Personal space.** Keep at least 6 feet between you and someone who is sneezing or coughing.

**Be on your best behavior.** Keep yourself in good shape by getting plenty of sleep, being physically active, drinking lots of water and eating nutritious foods. A stressed body is a weak body, so manage your stress through exercise, meditation or conversation with a trusted friend.

**Self-care matters.** Caring for yourself is the best thing you can do for your overall health.