

Covid Protocol

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Throughout the pandemic we have followed developments on vaccines, booster shots, recommendations from public health authorities and information on alternative immune system supports. With that in mind, as a health care provider, I have been vaccinated since early 2021. Even with cautious behavior, I still contracted a case of Covid in December 2022 from my husband. So now also have some boosted natural antibodies.

When in the office: Please wear a mask, distance from others, and let us know if you currently have any unusual or worsening flu-like symptoms, even if you have been fully vaccinated.

- Hand sanitizer is available throughout the clinic for use.
- All tables have pillows with clean pillowcases/towel and sheet.
- When rooms are cleaned, the tables, armrests of chairs and doorknobs are being wiped down with an antiviral cleaning solution.
- Your therapist is washing her hands between patients and/or using hand sanitizer.
- We can provide for physical therapy treatment in your home.
- We will keep air flow from outside available and utilize air purifiers
- We will continue to follow updates and protocols suggested by the CDC, Department of Public Health, and local agencies to ensure the safety of our patients.

To ensure everyone's safety, we ask our patients to:

- Please contact us to cancel your appointment and stay home if you are sick, have a cough or fever.
- Please wash your hands with soap and warm water for 20 seconds and/or use hand sanitizer for 30 seconds upon arrival.
- Cover your cough/sneeze using your elbow.
- Avoid touching your eyes, mouth and nose with unwashed hands.

Thank you for your co-operation and support during these trying times.