

Dear Patients,

We want you to know that for now our office continues to be open. We know that many of you find relief without drugs by getting your adjustments. We also know that chiropractic adjustments help to boost immune function. For those two reasons we are here for you. We are taking extra measures to keep you and our staff safe:

- Disinfecting doorknobs, switches, faucets throughout the day.
- Disinfecting the adjusting tables after each table adjustment
- Asking every patient to wash their hands or use the provided hand sanitizer.
- Creating more seating areas to allow for physical distancing between patients
- Creating 2 separate adjusting areas
- We are in the process of altering our schedule so we see fewer people in an hour than previously
- If you are unable to come in for your adjustments I am available for phone, Skype or FaceTime chats to discuss other options
- We ask if you are ill to not come into the office until you are well
- If you have traveled from a high-risk area such as Italy, China or South Korea not to come into the office for 2 weeks and to be symptom free at that time

What you can do - now is the time to get healthy and stay healthy:

- Eat a well balanced Diet
- Get Plenty of rest/don't run yourself down
- Stay hydrated
- Continue to Exercise
- Do not become hysterical or driven by fear
- Wash your hands regularly
- Do not touch your face unless you have washed your hands
- Stay away from large crowds

- Stay away from obviously sick people
- Get adjusted!!
- Take supplements to boost immunity (this is different for everyone but we have some suggestions at the office)



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