

Patient Update and Precautions for COVID-19

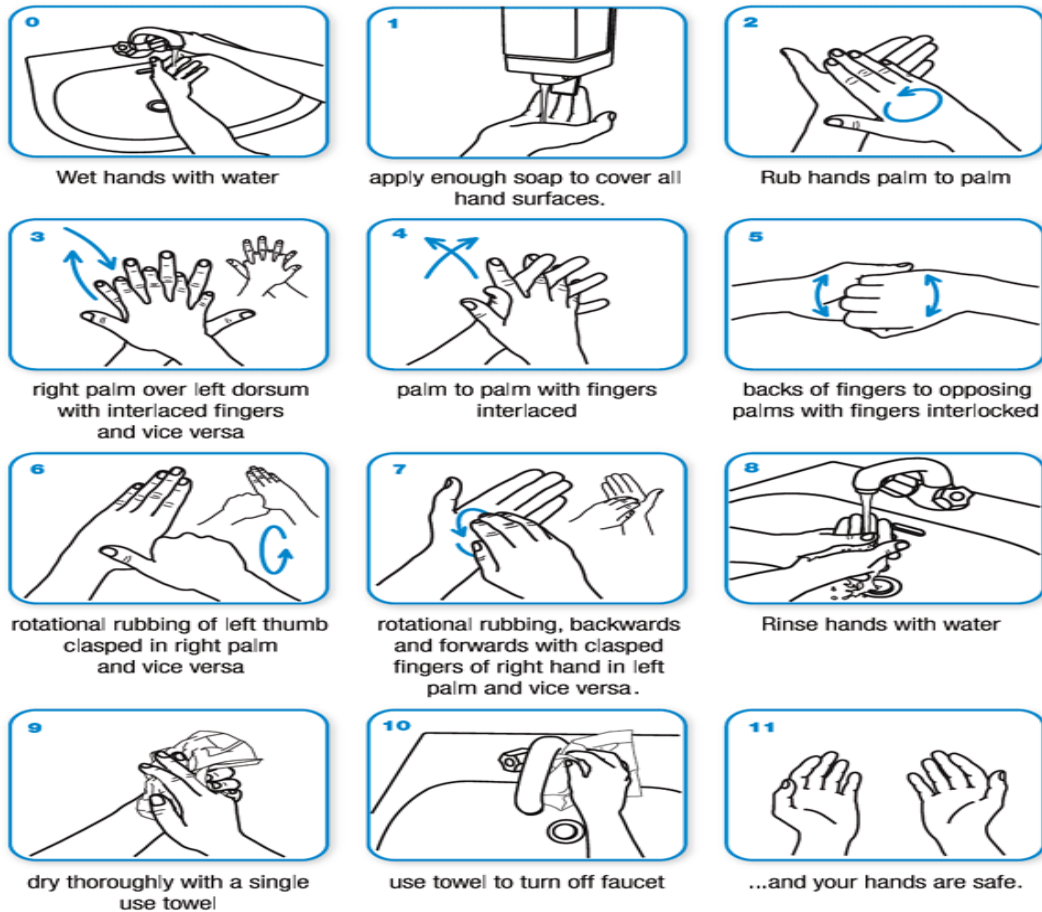
This guideline is for patients to have a little more Intel about COVID-19, ways one can help avoid getting ill and keeping ourselves sanitary. All our patients should feel safe when coming into our office. As of now, there is no cure for COVID-19, therefore you as an informed patient need to choose your own route for health and well-being. When receiving a chiropractic adjustment, it helps reduce the trauma and stress in the body that can cause pain or decrease overall health. Therefore, our list for increasing health and wellbeing would include:

1. Chiropractic visit, rehabilitation, exercises, stretches and muscle therapies.
2. Practice mindful positive calmness with meditation and deep, steady breathing techniques.
3. Fresh air and sun.
4. Get at least 8 hours of good quality sleep.
5. Eat a diet centered around antioxidant dense non-inflammatory foods and or complement with a whole food based multi-vitamin.
6. Drink lots of water.
7. A stressed body is a weak body

Here is some insight of what has been going on with COVID-19.

The coronavirus is a version of the common cold with a respiratory disease component. We think it began in Wuhan China and has spread to many countries. They think the virus was originally from infected animals. People who are infected can spread this to others. This means if a person who has COVID-19 coughs or sneezes near someone else, that individual could get infected too. Their saliva can land on someone's nose, in their mouth or even be inhaled. Touching other surfaces then touching their eyes, mouth and nose are not the primary ways to get COVID-19, but it is possible. The more symptoms one has the more contagious they will be. Look out for symptom's like a dry cough, fever, and or shortness of breath. COVID-19 can range from mild, moderate, severe and in some cases it can be fatal. Elders with existing medical challenges are the ones most affected by the virus. This group should stay at home away from people until crisis ends. With that being said, we want to avoid any sort of spread to any patient. We are taking a few precautions to prevent COVID-19 and trying to keep our office as sanitary as possible for everyone. Here are a few things to follow:

ALWAYS cover your mouth with a tissue or direct your cough or sneeze into the crook of your arm not in your hands or out into the air. Make sure to wash your hands THOROUGHLY after using the restroom, before and after eating, before touching your eyes, nose or mouth and after touching anyone's hand (Fist bumps should be the go-to move not handshakes). Here is a diagram on how to wash your hands.



Office Precautions to keep you and others safe:

Patients when they first walk in must get their temperature checked by us

- It is especially important to schedule and keep times. A limit of 5 patients in the office at any time will be enforced. If you miss your time call and make sure there is enough room to keep physical distance. We may ask you to wait in your vehicle until we do.
- We will ask all patients to wash their hands as soon as they come in, before they touch any equipment as well as washing their hands before they leave our office.
- When you come in most seating has been separated at least 6 feet. The only exception is the couch. Only sit there with another person if you came in with them.

- Every patient will be asked if they have a cough, shortness of breath, and any recent travels or contact with someone who tested positive for COVID-19. If any positives, the patient will always be required to keep something over their mouth. If not compliant, patient will be asked to leave.
- It is important to know if a patient is sick. If anyone's temperature is elevated, they will be escorted to a room designated for this situation and door closed.
- Those with elevated temperature will only be adjusted and will not do other therapies.
- Those that are sick will be scheduled on Friday from 3-6 pm to keep from well patients.
- Those that are sick are required to cover their mouths with either a surgical mask, bandana or a towel.
- All procedures including adjustments will be done facing away from employees and chiropractor to protect patients and us.
- If they do not have a temperature, they may continue regular routine, but all therapies have been adjusted to keep patients 6 feet apart. We ask patients to maintain this rule throughout visit.
- Anything a patient touches will be wiped off after using and on the hour
- Patients should limit their touching if it's not needed such as doorknobs, walls, mirrors.
- If patients can, they should wipe anything they have touched as well. (we have Clorox wipes and vinegar with tea tree oil bottles in every room)
- Our office has hand sanitizer in every room as well lots of soap in the rest room. We recommend using it after touching anything or any of us in the office.
- We have moved all non-essential items or items hard to completely sanitize i.e. magazines, pillows

Our office will remain open, times might differ if needed, but we will continue to treat everyone. We will be in touch with any office changes. Dr. Cooke will not leave you without the choice of Chiropractic Health Care Options in the face of a trauma, personal injury or general health and wellness. If you have any further questions on any of this, please feel free to call or email us at 843-501-3851 or thebodychiro@gmail.com. We care for the health, safety, and wellbeing of all our patients and staff.

