



Our health care facility will remain open as long as we are allowed to operate in accordance with all CDC, DOH, federal and local guidelines. At our office, we always have and will continue to sanitize tables and all surfaces and continue to wash hands in between visits more diligently than ever. We are mindful to maintain government regulations on social distancing. Additionally all staff here have been instructed if they come in contact with any persons affected or are not feeling well that they are not to come to work and get tested. It's not just a matter of policy, it makes common sense. The doctor and the staff are always careful about keeping themselves and the office as clean as possible.

**Important if you are not feeling well and think you have come in contact with someone who has the Virus** you should not come in without speaking to your medical doctor to see if you are in fact contagious. If you are immunocompromised and/or over 65, please check with your primary care physician before going out of the suggested self-quarantine. Please call us if you have any doubt or questions. If no one picks up the phone, my cell is available to you 24/7 for texts/calls and I will call you right back. I have always felt that chiropractic care is necessary for a healthy spine, a healthy nervous system and since the nervous system controls the immune system, **now it is more important than ever** to maintain your spinal health and keep pressure off your nerve system. Your resistance and strength to fight infection is so important right now and chiropractic care is an integral part of your overall health.

We are committed to serving our practice members, city and community through this unprecedented series of events! Please call, we will do anything we can to help you get your care and keep you on track for a healthy active life!

Yours in health,

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