

# KEEP SAFE DURING YOUR OFFICE VISIT

I am cautiously seeing a few patients in my office as of 5/21/2020..

Here are the rules:

1. By appointment only. I will have limited days and hours. I will leave ample time between patients. Otherwise I am focusing on teleconferencing.
2. The reception area is closed, only 1 patient in the office space at a time.
3. Do not come if you are sick or suspect you have been exposed to Covid-19. Call ahead if you have questions or doubts about this.
4. Call ahead if you want to pick up specific supplements.
5. Please wear an effective face mask – at least double layer fabric or better.
6. I will meet you outside the door and spray your hands with a mild but very effective hand sanitizer.
7. I will take a forehead temperature reading and a pulse oximeter reading.
8. I will wear a mask and observe hand washing and sanitizing protocols.
9. I will sanitize between patients.
10. I can offer advice on protecting yourself with nutrition if requested.

If you have questions please call, email or text me.

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