

## HOW CORONAVIRUS WILL AFFECT



O'Donahue Chiropractic is open and will continue to operate as usual. We will continue to monitor the situation and make adjustments to our policy as more information is provided.

We are taking steps and following CDC Guidelines to help keep our staff, patients, and community safe. While we always strive to keep our office as clean as possible, we are adding to the effort. While this is not a complete list of the additional precautions we are taking, the following steps are what we are asking of our patients and staff:

1. If you or anyone in your immediate family are experiencing any respiratory/fever or flu-like symptoms, please call to reschedule your appointments. (We are screening ALL patients at the door!!)
2. PATIENTS ONLY WITH AN APPOINTMENT are allowed in the office. (Please do not bring children, family members or friends with you.)
3. If you have *traveled recently*- either domestically to another state *or* internationally- please call to reschedule your appointment out 14 days.
4. Please utilize our bathroom as needed to wash your hands.
5. It is *essential* for you to adhere to your **given appointment time** as this will allow our office to serve your healthcare needs and to keep patient interaction limited. If you have a conflict, please call to reschedule.
6. Our staff will continue to make sure all treatment surfaces, as well as check-in and check-out areas are cleaned and sanitized on a regular basis throughout the day.

While some may think these steps are not necessary, please keep in mind that we have family, patients, and patient's family members who are immunocompromised and are at a much greater risk for serious complications due to the Coronavirus and COVID-19.

Keeping your immune system strong can help defend against all bacterial and viral infections. Tips for a strong immunity:

- Fluids- Staying hydrated is critical for every biomechanical process in your body, including your immune system! Steer clear of caffeine and drink plenty of water.
- Diet- Be sure to maintain a healthy diet. Don't overeat, and avoid excessive fats and sugars and sodium/salt. Choose fresh vegetables and fruits if possible.
- Sleep- Studies have shown that deep sleep improves the immune system directly.
- Socialization- Stay social with your immediate family through conversation, board/video games, story time and outdoor activities. Family communication and physical touch have long been associated with decreased stress and improved overall health including the immune systems of the entire family.
- Stay Adjusted- Regular chiropractic adjustments have been proven to boost your immune system. Chiropractic helps the nervous system to function properly which in turn improves the immune system.

Thank you for your understanding in this matter.

Dr. James O'Donahue & Staff