

## Coronavirus Procedures

### Patients Please Practice the Following:

- Stay home if you exhibit symptoms- fever, coughing, sneezing, runny nose or fatigue
- Wash hands at least once an hour.
- Sneeze into your elbows
- Wave or bow instead of a handshake- practice social distancing of 6 feet
- Sleep at least 7-9 hours a night
- Daily exercise- continue to stay active. If you have been prescribed rehab or corrective care exercises, please continue to perform it as directed.
- Sun exposure- at least 15 minutes a day to boost your immunity
- Healthy eating- make your meals at least fifty percent fruit and vegetables
- Hydration- drink at least 8 cups of water a day
- Positive thoughts- it is very important to think good thoughts during times of stress
- Deep breathing exercise or meditation
- Supplements- multi, probiotics and if you are stressed from all the media- stress support
- **Regular adjustments** can boost the immune system
- If you want to stay in your car in the parking lot, let us know and we will come get you when it is their time for your adjustment.

### Aim High Procedures:

- Spread out appointments during the day to minimize contact
- No more than 7 patients in the office at one time- if there are seven, we will ask you to stay in your car and wait. We will come to get you when it is your time.
- Use hand sanitizer between every contact with patients. We will be using gloves when they come in.
- Make special time to see the elderly or immune compromised (schedule a time for them with little or no other patients present)
- Wipe down tables and between patients
- Wipe down pens and surfaces touched by patients.
- No more signing in- CA's will write down who showed up on the sign in sheets
- Keep patients separated 6 feet in the therapy area and reception room
- Thermometer- we will be taking temperatures of EVERYONE (including staff as they enter the office).



### **From the Colorado Chiropractic Association**

The Colorado Chiropractic Association is in agreement with the Federation of Chiropractic Licensing Boards in affirming **doctors of chiropractic are essential health care providers**, ready to serve their communities both in daily care and in times of urgent need. **Chiropractors, other health care practitioners, and staff are a part of the health care community and have a responsibility for the prevention and mitigation efforts during this pandemic while managing the urgent needs of patients during this crisis.**