



## Important Information about the Coronavirus

At Center for Advanced Orthopedics and Sports Medicine, we take your personal health and safety very seriously. You may have some growing concerns about the Coronavirus (COVID-19), and we wanted to put your mind at ease with some of these basic tips to stay healthy:

- Hand-washing is your best self-defense against the spread of germs. We are doing our best to have hand sanitizer readily available. We have run into shortages so please be mindful when using our supply. Know that handwashing in our exam rooms before and after your visit with the physician and staff is always an option for you.
- Feel free not to participate in any handshakes or hugs with the staff or other patients if you so choose.
- Please stay home if you are not feeling well, The CDC recommends calling your primary care provider immediately if you think you may have been exposed to COVID-19 and develop fever and symptoms of respiratory illness, such as a cough or difficulty breathing.
- Help us by being vigilant. If you have traveled to any of the countries where there are outbreaks of the virus, please follow guidance on the CDC website.

Here are things we are doing to keep our Clinic, PT and OT areas safe and clean:

- We have instructed our staff to be generous with medical grade wipes. Some examples include: wiping down the exam tables, door handles, chairs, devices we use to take your pulse and ipads you use to check in.
- We have posted proper handwashing technique posters in all the exam rooms and bathrooms for both our patients and staff. This includes washing hands with soap and water for at least 20 seconds, particularly after going to the bathroom, and after blowing their nose, coughing or sneezing.
- We have asked our cleaning staff to be extra vigilant to be sure our restroom are thoroughly cleaned and stocked.
- Any staff members who are ill will be sent home or asked to stay home