**Coronavirus:**

We are taking steps to create a healthy, healing environment for our patients. We are also following the CDC and State government’s guidelines to protect our patients and doctors.

**Phone consults/telemedicine, are available to discuss your particular needs or concerns.**

Coronavirus is tricky to self-diagnose. The symptoms are very similar to the influenza virus that is occurring in the Seattle area. People can be contagious and be symptom free. We are also entering the allergy/mold sensitivity season. Histamine will be high and congestion and other respiratory symptoms may complicate any diagnosis.

Most infected people appear to have mild infections, with mild cold-like symptoms and fever. Most people who contract COVID-19 have symptoms including: • Fever, muscle aches • Uncomplicated upper respiratory symptoms (cough, sore throat, nasal congestion, headache)

Some patients will experience more severe symptoms, which may include: • Difficulty breathing • Mild pneumonia • Severe pneumonia • Acute Respiratory Distress Syndrome (ARDS)

In the last 3 days are you

1. running a fever
2. having a dry cough
3. having trouble breathing

If you have experienced these symptoms in the last three days you should seek to get a COVID-19 test through one of the medical labs, hospitals, or your primary care physician. Hopefully test kits will be widely available by later this month.

**What we expect from our patients:**

1. If you have recently traveled outside the country, refrain from making an making an appointment until you have self-quarantined for 2 weeks with no symptoms.
2. When patients arrive for their appointment please wash your hands in the bathroom just outside our clinic doors. We have posted proper hand washing techniques along with a timer in each washroom. Please wash for the full 30 seconds needed to properly clean your hands. You are also welcome to use hand sanitizer provided, located by the front desk.
3. Feel free to again wash your hands after leaving the clinic.
4. If you have any respiratory symptoms please wear a mask for your appointment. We have a limited number of masks available for symptomatic patients, but will probably run out of them soon.

**What we are doing to protect our patients:** We now know that coronavirus can live on cardboard for up to 24 hours and on stainless steel or plastic for up to 3 days. With that in mind, we use viricidal wipes on our countertops, doors and door handles, and on all chairs, several times throughout the day. We also wipe down the elevator surfaces and buttons several times per day. We also wipe handrails in the elevator and stairway many times per day.

I use those same viricidal wipes on the door and handles, as well as my table surfaces, chairs and objects touched by patients before each patient enters my room.

I run an air purifier in my room which cleans the air of viruses, bacteria, and pollen within minutes. I also run a UV filter 24/7 to clean viruses from the air.

I follow the same guidelines for hand washing and personal care and protection that I suggest to all my patients. Let’s work together to keep us all healthy.

A personal note: We sometimes forget that emotional and spiritual grounding contributes to our physical balance. All the fear that permeates everything in our lives right now depletes our fire and weakens our immune system. I meditate twice per day to ground my energy to mother earth. It allows me to be more present for my patients. I suggest that you practice your meditation, yoga, tai chi, or chi gong daily. It helps to shield us from all the crazy thoughts, making us more present to work together and help our community.

In service to my community

Keith Halperin DC