

Every day brings in new information about the coronavirus and steps to take to help mitigate its spread. We understand that uncertainty about what will happen next and concern for our loved ones are creating worry and some fear. We're here for our patients

Working with people the way we do, we are accustomed to keeping a really safe environment. To be extra certain, we've stepped it up in recent weeks with a few added touches such as:

- ✔ Door handles and chairs wiped down several times a day
- ✔ Hot water, soap and paper towels available as well as hand sanitizer in each room (as always)
- ✔ Dr. Ashby is keeping his hands clean as well as the tools
- ✔ Pens are being cleaned after use
- ✔ Social distancing as best as we can, our office is small, but we try to keep patient's moving and do not overbook.

With all of that being said, let's proceed with good common sense and a little extra caution:

- ⚠ If you have or are aware of any questionable contact, please advise us for overall safety of all patients
- ⚠ If either you or I are feeling anything other than 100% healthy, let's reschedule.
- ⚠ If you feel that for the safety of yourself or someone in your family it is better to cancel our appointment, please do so. Make the call that is right for your situation.
- ⚠ If you've decided you don't want to keep your appointment, please let the office know as soon as possible so that we can schedule accordingly.
- ⚠ Take a moment to thoroughly wash your hands with soap and hot water when you arrive and before you leave. I'll give a gentle reminder, please don't take it personally!

Stress levels are running high. Fear of the unknown, uncertainty about the weeks ahead, concern for our aging or ailing loved ones, financial uncertainty, disrupted routines

In times when stress is high it is more important than ever to take care of yourself. Eat well. Exercise how you can. Focus on the good. Tell those you are not seeing (due to quarantine and/or social distancing) that you love them

Don't neglect your self-care.

Please remember, it will be okay, and maybe we learned a few tips along the way.

Last but not least, WE are all in this together and WE will get through this together. Let's all take a great big deep breath together/separately (due to social distancing)